



AGAWAM

Advertiser News

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"Your Hometown Newspaper"

Volume XXIII Number 12

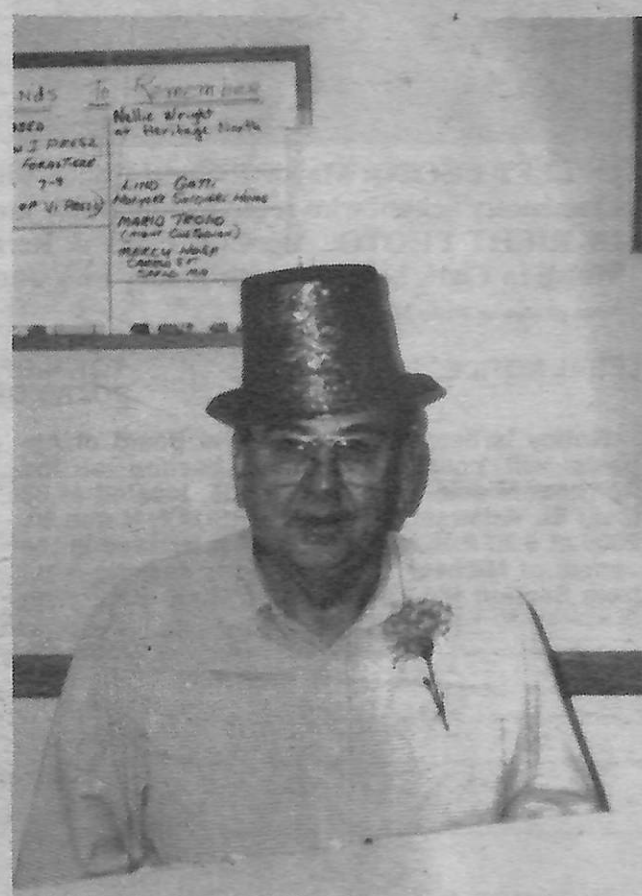
March 23, 2000

Helping With Skateboard Park...



A SKATEBOARD PARK DESIGN CONTEST was recently conducted in the town's schools, and Mayor Richard Cohen presented the winners with free skateboard decks and season passes to Six Flags at a ceremony last week at Phelps School. Back row: Agawam Parks & Recreation Director Chris Sparks, Mayor Cohen, Town Councilor Jill Simpson (chairwoman of the Skateboard Park Committee), and Frank and Roger of Theory Skate Shop in West Springfield. Front row: contest winners Mike Day (grade 10), Dean White (grade six), Andrea Walsh (grade four, Clark), Josh Lyons (grade seven), and Teddy Daniel (grade three, honorable mention, Granger). (See additional photos Page 2.) Advertiser News photo by Kathy Shepard.

Nice Hat!!!



ARMAND ROBERT served as a "greeter" at the Corned Beef & Cabbage Luncheon held at the Agawam Senior Center last Friday, March 17th. (See story and additional photos in "Families.")

On May 6th At The Oaks...

Retirement Dinner And Dance For Ruth Carr Bitzas

A gala Retirement Dinner & Dance is scheduled to be held Saturday, May 6 for Ruth Carr Bitzas, Agawam Veterans' Agent and Director of the Western Hampden District, who will be retiring on April 14th.

The event will be held at The Oaks, 1070 Suffolk St., Agawam as a tribute to this outstanding advocate for veterans the past 18 years.

Deadline for reservations is April 30th. A cocktail hour will be held from 6:00-7:00 p.m., with dinner at 7:15. The menu will include choice of prime rib of beef or baked filet of scrod. Cost is \$30 per person and tables of 10 are available.

Anyone who would like to speak at this event should contact Dianne Moreau at 786-0400, ext. 236 or 237.

However, if anyone would like to approach the podium and offer their best wishes or congratulations to Bitzas during this event, they do not have to contact Moreau ahead of time.

Reservation checks should be made payable to the Ruth Carr Bitzas Testimonial, and mailed to Dianne Moreau, Dept. of Veterans' Services, 36 Main St., Agawam, MA 01001. Please indicate your entree choice when making reservations and the number of people.



RUTH CARR BITZAS (left), Agawam Veterans' Agent and Director of the Western Hampden District, and her assistant, Dianne Moreau, have been assisting area veterans since 1982. On April 14th, Bitzas will be retiring from this office, and a dinner and dance in her honor will be held at The Oaks on Saturday, May 6th. Advertiser News photo by Kathy Shepard.

Skateboard Park Design Winners...



IN LEFT PHOTO: Mayor Richard Cohen with Teddy Daniel, a third-grader from Granger Elementary School who received honorable mention in the Skateboard Park Design Contest. IN RIGHT PHOTO: Agawam Parks & Recreation Director Christopher Sparks, Andrea Walsh (a Clark School fourth-grader who won the K-4 division), and Mayor Cohen. Advertiser

News photos by Kathy Shepard.

LEGAL NOTICE

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, March 30, 2000 at 6:30 P.M., for all parties interested in the appeal of Michael Thomas who is seeking relief from Section 180-23, Paragraph B, of the Zoning

TOWN OF AGAWAM BOARD OF APPEALS

Ordinances, which would allow for the conversion of a single family residential structure to a two-family residence at the premises identified as: 954 Main Street.

Ronald A. Hebert, Chairman
Published: March 23, 2000

LEGAL NOTICE

From Melconian's Office...

New Legislation Will Protect Children From Dangerous Pesticides

Senate Majority Leader Linda J. Melconian (D-Springfield) is pleased to announce the unanimous passage of legislation in the Senate to protect children from dangerous pesticides.

Senate Bill 2105, The Children's and Families' Protection Act, prohibits the application of any pesticide to schools and daycare centers within two days of their use. It also requires schools or daycare centers to notify parents as to which pesticides will be applied, and improves posting requirements for all outside areas.

"Children are particularly vulnerable to the dangers of these hazardous chemicals," said Melconian. "Studies have linked pesticides to a number of health ailments, including heart and nervous system damage."

Concern has been growing for a number of years over the use of pesticides in schools and daycare centers. A November 1999 study by the federal government reported more than 2,000 instances of pesticide exposure in schools over the last three years and highlighted a number of other problems, including the lack of long-term testing about the effects of many pesticides. Other studies have shown that pesticide exposure can lead to increased incidences of leukemia, heart disease, and asthma.

The Senate legislation would create one of the nation's most comprehensive efforts to control children's pesticide exposure. In addition to limiting the time when pesticides can be sprayed, schools and daycare centers must: save records of pesticide use for five years, make pesticide use a last resort in controlling vermin, and provide notice of when pesticides are going to be sprayed. The bill also creates a public databank of all pesticides in use in the Commonwealth.

"Children must have the freedom to be children," said Melconian. "They must be able to play in the grass and sit on the floor without being exposed to toxic chemicals."

The bill currently awaits action in the House.

— ADVERTISER NEWS —

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MARCH WINE SPECIALS

Franzia (5 Ltr. Box) Chardonnay, Merlot, White Zinfandel, Cabernet \$10.99 Chablis, Burgundy, Rhine, Blush, White Grenache \$7.49	Woodbridge (1.5 Ltr.) Merlot, Cabernet, Chardonnay \$10.99 White Zinfandel, Sauvignon Blanc \$8.99	Carlo Rossi (4 Ltr.) All Flavors \$7.49
Gallo Livingston Cellars (3 Ltr.) Cabernet, Merlot, Chardonnay \$8.99	Kendall Jackson (750 ml.) Chardonnay - \$10.99 Cabernet - \$12.99 Merlot - \$12.99	Jacob's Creek (750 ml.) Chardonnay - \$5.99 Merlot - \$6.99 Cabernet - \$6.99

MARCH LIQUOR SPECIALS

Absolut Vodka (1.75 Ltr.) \$24.99	Bailey's Irish Cream (750 ml.) \$15.99	Crown Royal (1.75 Ltr.) \$32.99	Seagram's 7 (1.75 Ltr.) \$14.99	Cutty Sark (1.75 Ltr.) \$22.99	J & B (1.75 Ltr.) \$28.99	Seagram's Gin (1.75 Ltr.) \$13.99
Kahlua Combos - 4 Pk. Sombrero, Mudslide, Toasted Almond, White Russian, B-52, Bushwacker 2 For \$8.99		Jack Daniels - 4 Pk. Lynchburg Lemonade, Down Home Punch, Tennessee Tea, Blackberry Jack, Watermelon Spike, Hurricane Punch, Wild Berry Jack \$3.99		Bacardi Breezers - 4 Pk. Calypso Berry, Key Lime, Watermelon, Bahama Mama, Pina Colada, Strawberry Daiquiri, Purple People-Eater, Applelicious \$3.99		

MARCH BEER SPECIALS

Miller Lite (30 Pk. Cans) \$16.99	Coors Xtra Gold (30-Pk. Cans) \$11.49	Killian's Irish Red (12-Pk. Btls.) \$9.99	Rolling Rock (12-Pk. Btls.) \$7.99	
Longtrail Ale (12-Pk. Btls.) \$10.99	Guinness Pub (8-Pk. Cans) \$9.99	Harp (12-Pk. Btls.) \$10.99	Beamish (4-Pk. Cans) \$4.99	J.W. Dundee Honey Brown (12-Pk. Btls.) \$6.99

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Letters To The Editor

A Very Proud Mom Of A Jr. Varsity Cheerleader

To The Editor:

The recognition of the Varsity Cheerleaders is awesome. They deserve it, but the Junior Varsity Cheerleaders also deserve the same, if not more, as they also have done a superb job in the competitions: third place in Western Mass., second in Pioneer Valley, and first in the Longmeadow competition.

What a great job done by these girls, some of whom have joined in the middle of the season and are first-time cheerleaders. Three cheers for their coach, Ellen Yourous, who is a first-year coach and very dedicated to her cheerleaders. JOB WELL DONE, ELLEN!

I think it's about time the parents stand up for all Junior Varsity sports and show them how proud we are for the great sportmanship and determination that these kids show. They truly deserve the support from our town as a whole, including the newspaper, television stations, coaches, parents, School Committee, and the Mayor.

GOOD WORK, JUNIOR VARSITY CHEERLEADERS!

Junette King
Agawam

Town Gov't Should Not Allow Six Flags To Destroy Agawam

To The Editor:

In Answer To Todd Peetros' Letter:

No one wants the traffic from Six Flags in Agawam. The sensible solution would be to close Six Flags and allow Agawam to return to its small-town status, but too many favors are owed.

As for River Road, there is no other route to use. River Road has always been the route to Riverside, and now Six Flags, because it is the quickest and least traveled road. To use Main Street would be disastrous. Main Street has several churches, schools, the Senior Center, and numerous businesses with many weekend events taking place.

Another route would be exiting Route 57 on Suffolk Street, then down to South Street. This may not be a bad route as it is a four-lane highway. So now we have two routes to Six Flags.

Actually, our town government never should have allowed the growth of this huge park, as Agawam does not have the roads to accommodate the unbearable traffic.

As a homeowner, I am also concerned that with this traffic problem, our homes will lose value. Example: who would want to buy a home where the traffic makes it inaccessible.

Our town government should get more involved and not allow Six Flags to destroy our small town.

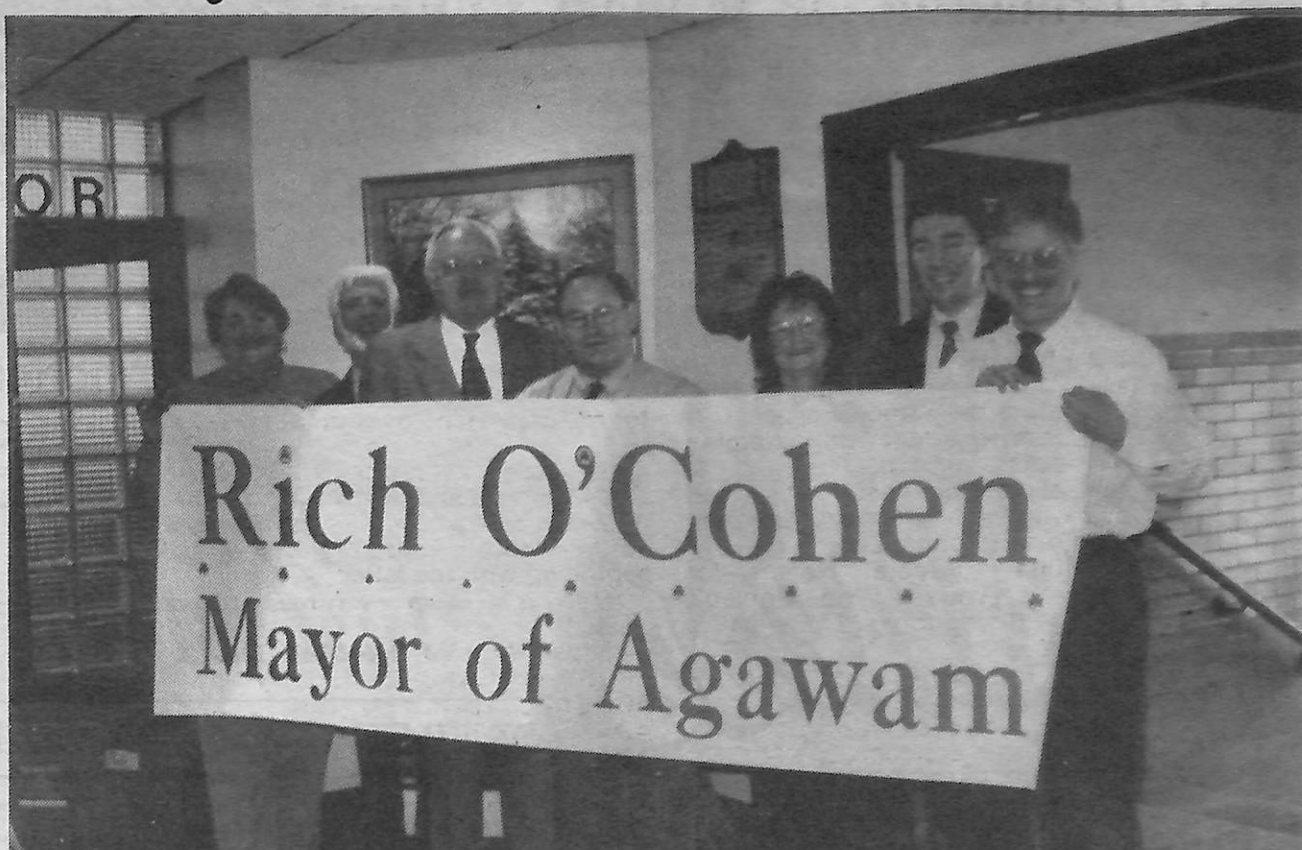
William O'Connell
Agawam

Regular School Committee Meeting

Agawam Middle School, 68 Main St.
Tuesday, March 28th — 7:00 P.M.

1. Call to Order.
2. Moment of Silence.
3. Roll Call of Attendance.
4. FY 2001 Budget Review.
5. Citizens' Speak Time.
6. Superintendent's Notes.
7. Highlight on Education:
 - a. Academic Letter "A" Presentation.
 - b. James Clark School Donation to "Friends of the Homeless."
8. Old Business:
9. Business Meeting:
 - a. Routine Matters.
 - 1) Approval of Minutes.
 - 2) Calendar/Correspondence.
 - b. Warrants/Transfers.
 - c. Reports
10. New Business:
 - SCR00-15 - Approval of Purchase of Textbooks via School Choice Funds.
11. Any other action which may legally come before the Committee.
12. Adjournment.

Everyone Is Irish On March 17th...



LAST FRIDAY WAS ST. PATRICK'S DAY, and to celebrate this festive holiday, the Mayor of Agawam decided to undergo a temporary "name change." From left to right: School Committee Vice-Chairwoman Rosemary Sandlin, DPW Superintendent John Stone, Town Council President Robert Magovern, Mayor Richard "O'Cohen," Assistant Town Clerk Judith Beauregard, State Rep. Dan Keenan, and Building Inspector Nick Urbinati.

Advertiser News photo by Kathy Shepard.

LEGAL NOTICE

TOR-2000-1 as proposed to be amended
AN ORDINANCE TO AMEND THE CODE OF
THE TOWN OF AGAWAM BY AMENDING
CHAPTER 180-44H
A SPECIAL PERMIT FOR PARKING OR
LOADING REQUIREMENT REDUCTION

WHEREAS, the Town of Agawam under the authority granted by M.G.L. Chapter 40A Section 1 through 22 inclusive, enacted the Agawam Zoning Ordinance for the purpose of promoting health, safety, convenience and welfare of its inhabitants; and

WHEREAS, the Town of Agawam Zoning Ordinance presently contains certain specific provision for parking and loading; and

WHEREAS, it is not the intent of the proposed amendment to generally relax parking and loading requirements, but to allow the Board of Appeals in certain situations to lessen the number of constructed parking spaces, while at the same time, designing and reserving adequate landscaped open space to be used in the future if the need arises; and

WHEREAS, the proposed ordinance amendment is in the best interest of the Town of Agawam;

NOW THEREFORE BE IT ORDAINED AND ENACTED BY THE AGAWAM TOWN COUNCIL AS FOLLOWS:

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays.

LEGAL NOTICE

Amend the Agawam Zoning Ordinance, Chapter 180 by adding the following language to Section 44H

CHAPTER 180-44H SPECIAL PERMIT FOR PARKING OR LOADING REQUIREMENT REDUCTION

The parking or loading requirements set forth in this Section may be reduced as part of the Special Permit by the Board of Appeals if the Board of Appeals finds that the reduction is not inconsistent with the requirements of the Zoning By-laws of the Town of Agawam.

If a reduction is allowed, a reserve area, to be maintained indefinitely as landscaped open space must be required sufficient to adequately accommodate the difference between the parking spaces required (i.e., the sum of the parking spaces required for the separate used individually) and the parking spaces provided. The parking/site plan shall show (in dotted outline) the reserve area laid out in full compliance with any parking or loading requirements as set forth in said Chapter 180, including the required number of spaces. In no event shall the Board of Appeals reduce the parking or loading requirements below 30 spaces.

Dated this 10th day of March, 2000.

PER ORDER OF THE AGAWAM TOWN COUNCIL
Robert A. Magovern, President
Thomas S. Locke, Solicitor

Published: March 23, 2000



The Agawam Advertiser•News

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Veterans' Corner...**Information On Military Funeral Honors**

by Ruth C. Bitzas
Veterans' Agent — 786-0400, Ext. 236/237

All veterans who plan for burial in the State Veterans' Memorial Cemetery in Agawam will have a military funeral. For those planning burial in other cemeteries, they will be entitled to a military funeral as well.

Public Law 105-261 legalizes "Honoring Those Who Served," a Department of Defense program for providing Military Funeral Honors to veterans who have defended our nation.

While Military Funeral Honors is a long-standing tradition within the Armed Forces, this program is in response to a new law governing funeral honors for eligible veterans.

The Department of Defense has implemented changes to comply with the new law and has launched a series of efforts to enhance and improve the quality of Military Funeral Honors for veterans. "Honoring Those Who Served" represents an important step forward in honoring our nation's veterans.

On October 5, 1999, President Clinton signed into law the National Defense Authorization Act, Public Law 105-261. Section 578 of the Act reflects the extensive deliberations conducted on Military Funeral Honors over the past year. The law now includes the following:

* A basic Military Funeral Honors ceremony consisting of the folding and presentation of the flag and the playing of Taps for every eligible veteran upon request.

* A full honors detail to perform this ceremony shall consist of two or more uniformed members of the Armed Forces, with at least one member from the Service in which the deceased veteran served.

* Authority to reimburse members of Veterans' Service Organizations and other authorized organizations for expenses when they participate with the military in the delivery of Military Funeral Honors. These individuals are covered for the purposes of liability and workers' compensation.

* Providing for Reserve component members an allowance of \$50 a day, liability coverage, mileage, and accruing retirement points.

In hopes of making it easier to request Military Honors, DoD has established a toll-free phone number (1-877-MIL-HONR) for use by funeral directors to request honors. By using this number, funeral directors can reach the regional military offices to arrange for Military Funeral Honors ceremonies.

The toll-free number will provide funeral directors with a single point of contact to obtain the necessary information rather than calling various places. (Source: March 2000 issue of "What Every Veteran Should Know!")

AGENT'S COMMENT: Isn't it great that the road leading to the chapel at the State Veterans' Cemetery in Agawam will be named Edward Squazza Lane. I think he is very happy about that, and so are all the veterans who want to honor him for his great generosity on our behalf.

This week, we will begin to publish our list of Vietnam veterans whose Home of Record is Agawam and whose names will be included on our Honor Roll. These are all the verified names beginning with the letter "A."

"There is no cheap or easy road to Liberty and Happiness."

AGAWAM VIETNAM VETERANS — "A"

ABBEY, RICHARD C.
ACQUARO, THOMAS J.
ADAMS, DAVID N.
ADAMS, RICHARD J.
ADELMAN, RICHARD J.
ALAIMO, RICHARD A.
ALDRICH, LEONARD L.
ALESSANDRI, VICTOR R.
ALLEN, KENNETH J.
ALVES, PAUL J.
ALVIGINI, DAVID J.
AMBROSE, MARSHALL P.
ANDERSON, REGINALD L.
ANDERSON, WILLIAM D.
ANDREWS, WILLIAM O.
ARGIRO, JAMES A.
ARMFIELD, RAYMOND J.
ARNETT, ROBERT A., JR.
ARNOLD, JAMES H.
ARNOLD, RICHARD D.
ARNOLD, ROY R.
ARNOLD, THOMAS W.
ASSAD, CHARLES J.R.
ASTA-FERRERO, BRIAN
ASTA-FERRERO, CHARLES
AUGUSTI, CLAYTON A.
AUSSANT, ANTONIO V.
AUSSANT, THOMAS J.
AUSTIN, RICHARD W.
AYOTTE, RICHARD J.J.
AVERSA, ROBERT A.

"Veterans' Corner..." is a regular feature of The Agawam Advertiser News.

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LEGAL NOTICE

LEGAL NOTICE

**TOWN OF AGAWAM
REQUEST FOR PROPOSALS**

The Town of Agawam is requesting proposals for the leasing of up to 292 acres of land, located on Tuckahoe Turf Farm for agricultural use. The Request for Proposals may be obtained at the Agawam Town Clerk's Office or the Office of Planning and Community Development, 36 Main Street, Agawam, Massachusetts.

All proposals must be submitted to the Agawam Mayor's Office before 12:00 P.M., March 30, 2000, at which time the Non-Price Proposal will be opened.

The Tuckahoe Turf Farm Committee and the Mayor of Agawam will review the proposals and accept the proposal deemed to be in the best interest of the Town of Agawam.

The Town of Agawam reserves the right to reject any proposal in whole or in part and to accept any proposal or any item of any proposal or to negotiate non-price portions of the project if deemed in the best interest of the Town.

Published: March 23, 2000

From the Agawam COA...

**Income Level
Increases For
Fuel Assistance**

The Agawam Council On Aging would like to announce the following increases in the income levels for fuel assistance:

Household Size	Income
1	\$16,480
2	\$22,120
3	\$27,760
4	\$33,400
5	\$39,040
6	\$44,680
7	\$50,320
8	\$55,960

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

* * *

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Do you ever feel like you're fumbling around in the fog when you're trying to find the right homeowner's insurance? Let Canary-Blomstrom guide you.

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— Agawam Obituaries —

Franklin Downey

Franklin Downey, 82, of 51 Maple Street, Agawam, died recently at a local nursing home. He was a retired machinist for Strathmore Paper Co. and had also been employed for 23 years at Buxton. He retired in 1982.

Born in Taunton, he was a communicant of St. Anthony of Padua Church and was a long-time resident of Agawam.

He was a volunteer for the American Red Cross and the recipient of a 25-year pin as a first aid instructor.

He belonged to the Springfield Auxiliary Police for 10 years and served with the Army National Guard.

He leaves his wife, the former Zelda Hubert; three daughters, Judith A. Kortabani of Granby, Jacquelyn J. Slamon of Torrington, Connecticut, and Jan Flynn of Enfield, Connecticut; two brothers, Norman and Roland Desrosiers, both of Chicopee; six grandchildren; and eight great-grandchildren.

The funeral was held at the church, with burial in St. Rose de Lima Cemetery, Chicopee, at the convenience of the family. Agawam Curran-Jones Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Alzheimer's Association, 11 Campus Lane, Easthampton, MA 01027.

Willard P. Parker

Willard P. "Bud" Parker, 58, of 10 Plantation Drive, Agawam, died recently at home.

He was a self-employed salesman, retiring in 1998.

Born in Springfield, he lived in Agawam, Hampden, and Upton before moving back to Agawam in 1998.

He attended Agawam High School and was a Navy veteran.

He belonged to the Melha Shrine Temple and the Charles C. Spellman Masonic Lodge of East Longmeadow.

He leaves his wife, the former Carol L. Sanborn; a son, Michael of West Springfield; three daughters, Deborah A. Seidnitzer of Wilbraham, Lisa G. Parker of West Springfield, and Kelly P. Flaherty of Westfield; three sisters, Pauline Thompson of Southwick, Constance Duclos of Agawam, and Faye Edwards of Greenwich, Rhode Island; and two grandchildren.

The funeral was held at Agawam Funeral Home, with burial at the convenience of the family.

Memorial contributions may be made to the Visiting Nurse Association and Hospice of Western New England, 50 Maple Street, Box 9058, Springfield, MA 01102-9058.

Helen V. Savoy

Helen V. (Driscoll) Savoy, 78, of Springfield, died recently at a local nursing home. Born in Natick, she was a long-time city resident.

She was a communicant of Sacred Heart Church in Feeding Hills and a 14-year volunteer at Mercy Hospital.

Her husband, Peter J. Savoy, died in 1995.

She leaves two sons, Mark G. and Barry D., both of Springfield; a daughter, Marcia P. Bard of Agawam; a brother, Thomas Driscoll of Largo, Florida; three sisters, Lillian Richards and Madeline Petit, both of Springfield, and Maureen Gonnello of Osprey, Florida; and three grandchildren.

The funeral will be held on Friday morning, March 24th, at Agawam Curran-Jones Funeral Home and in the church, with burial in St. Michael's Cemetery. Calling hours were scheduled for the afternoon and evening of Thursday, March 23rd.

Memorial contributions may be made to Hospice of Pioneer Valley, P.O. Box 9058, Springfield, MA 01102-9058.

Florence Crowley

Florence (LaFreniere) Crowley, 88, of Agawam, died recently at Baystate Medical Center in Springfield.

She was a production worker at Old Colony Envelope, a nurse's resident at Springfield Hospital, and a card lady at Building 451.

Born in Russell, she attended Westfield schools and lived in Agawam most of her life.

Her husband, Cornelius "Neil" Crowley, died in 1975.

She leaves four sons, Dennis, John, and Earl, all of Agawam, and Richard of Southwick; a daughter, Carol Slate of Agawam; four brothers, Leon LaFreniere of South Carolina, Arthur and George of Westfield, and Richard of Easthampton; three sisters, Theresa Burzynski of West Springfield, Lucy Siska of Stone Mountain, Georgia, and Hortense Trudell of Fort Lauderdale, Florida; seven grandchildren; and eight great-grandchildren.

The funeral was scheduled for Thursday morning, March 23rd, at Toomey-O'Brien Funeral Home and in St. Thomas the Apostle Church, with burial in the parish cemetery.

Memorial contributions may be made to the Visiting Nurse Association and Hospice of Western New England, P.O. Box 9058, 50 Maple Street, Springfield, MA 01102-9058.

FireWise...

How To Report A Fire — Or Any Emergency

by Fire Chief David Pisano

All too frequently, we hear of tragic stories regarding people who call to report their house is on fire, yet, in their fright, forget to tell the fire dispatcher their address. Others claim they called the fire department and the dispatcher kept them on the telephone asking questions.

However, what seems, at the time, like needless questions will actually aid the fire department in getting assistance quickly to your home.

- In the event you are in a residence of building that catches fire, evacuate the building and call the fire department at 911 from a neighbor's telephone or nearby office building.

- When the dispatcher answers, inform him or her that you are reporting a fire emergency. Tell them your name. The dispatcher may ask you to spell your name.

- The dispatcher will request the telephone number you are calling from, in case of an accidental disconnection or if additional information is needed.

- Next, provide the dispatcher with the address of the fire and the nearest cross street, if known. If you are in an unfamiliar area when you discover a fire and are unsure of the address, try to give the dispatcher specific landmarks, such as the name on an adjacent building, that will help the fire department locate the fire.

- Stay on the telephone until the dispatcher completes the questioning and disconnects the call.

- In the event of a medical emergency, stay calm and give the dispatcher as much information as possible as to the nature of the medical emergency. Many dispatchers have special emergency medical training and may be able to provide you with some lifesaving techniques to use until emergency help arrives.

Emergency calls made the right way help save lives. False emergency calls made as a joke are crimes that cost lives. False alarms tie up emergency telephone lines and endanger emergency personnel driving to the scene. Many dispatchers tape and trace incoming calls, and this can help apprehend those calling in false alarms.

For further information, contact the Agawam Fire Department at 786-2662.

New Programs To Expand Access To Health Insurance

State Representative Daniel F. Keenan is pleased to announce that the Division of Medical Assistance is implementing two new programs designed to expand access to health insurance among working people in Massachusetts.

MassHealth Family Assistance: helps eligible working families and adults pay their share of premiums for employer-sponsored health insurance.

The Insurance Partnership: helps eligible small businesses pay for the cost of health insurance for their workers.

For further information on these programs, you can contact MassHealth Family Assistance at 1-800-841-2900 or the Insurance Partnership at 1-800-399-8285. Information is also available at <http://www.state.ma.us/dma>.

Town's Open Burning Guidelines Established By Department Of Environmental Protection

The Department of Environmental Protection has designated January 15, 2000 through May 1, 2000 for open burning. Certain guidelines have been established and must be adhered to.

According to Agawam Fire Chief David A. Pisano, the Agawam Fire Department will issue and monitor each permit on a daily basis. Permits will only be issued weather permitting, and only to those locations meeting guidelines.

1. Burning of brush, cane driftwood, and forestry debris will be allowed.

2. No grass, hay leaves, stumps, paper products, trash of any kind will be allowed. CONSTRUCTION MATERIALS ARE STRICTLY PROHIBITED AT ANY TIME.

3. Burning shall take place between the hours of 10:00 a.m. and 4:00 p.m.

4. NO COMMERCIAL OR INSTITUTIONAL BURNING PERMITS WILL BE ISSUED.

5. Burning shall be at a location greater than 75 feet from any dwelling or structure.

6. Outside burning for cooking purposes is allowed.

7. NEVER USE GASOLINE TO START THE FIRE.

8. Someone must attend the fire until completely extinguished. Have water supply handy at all times.

ANY FIRE WHICH IS DETERMINED TO BE A HEALTH HAZARD OR NUISANCE, WILL BE REQUIRED TO BE EXTINGUISHED IMMEDIATELY.

All permits will be issued from Fire Headquarters, 800 Main Street, Agawam. The phone number is 786-2662.

PLEASE DO NOT USE THE "911" NUMBER TO CALL FOR PERMITS.

— Please patronize your local businesses... —

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25% OFF

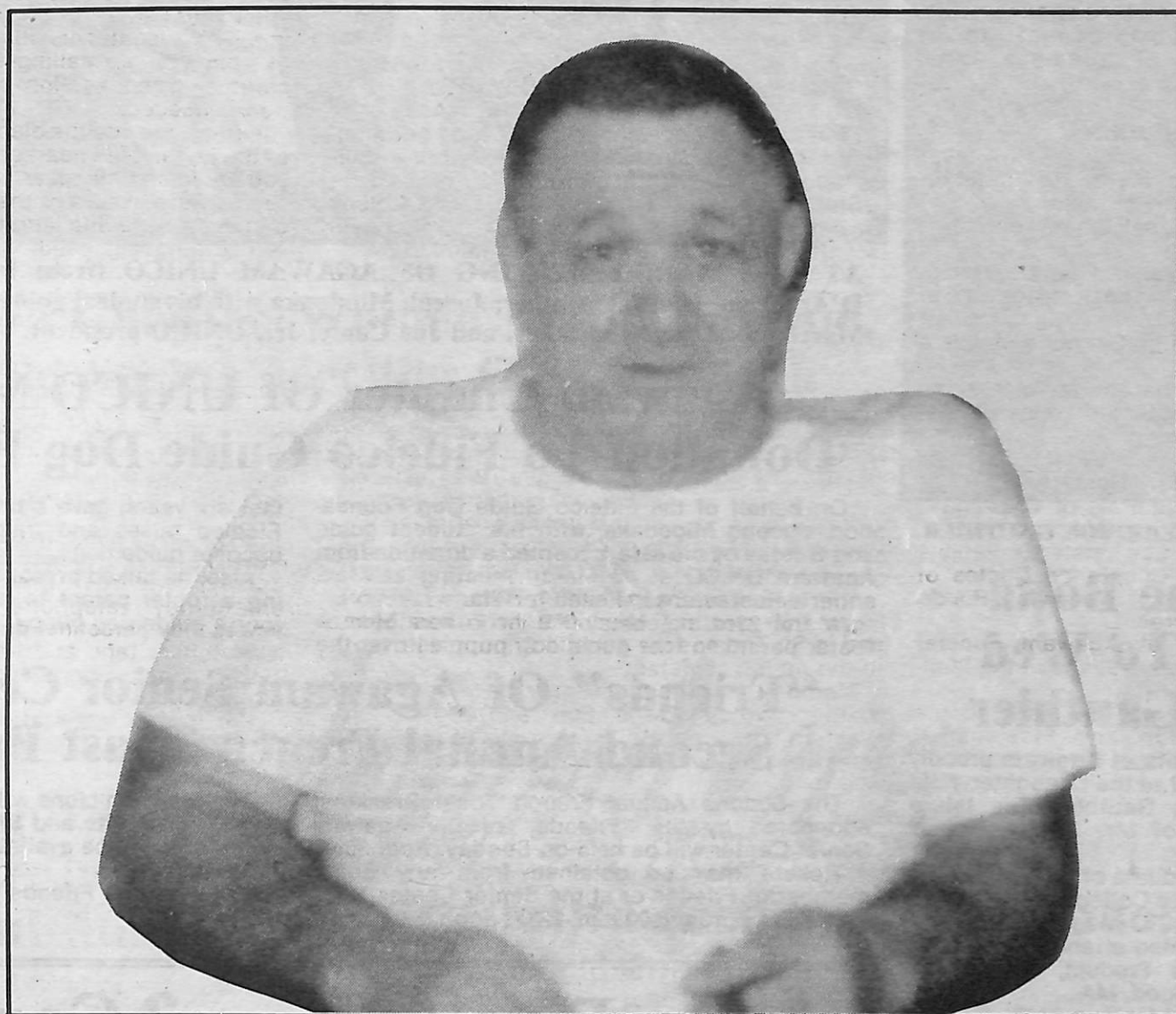
Cinnamon Sticks

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Chappy Santinello

March 24, 1915 — August 10, 1980



It's been almost 20 years that you left this Earth. You lived your life dedicated to your family and always put yourself last. You died a death no man should have to. But now you're in God's arms in Heaven and you suffer no more. It is this I must believe, for I still see you every day I live, I see your strength, your compassion, your unforgettable smile. I look in your eyes every day and thank God for my boys, my boys that are a part of you.

**Happy Birthday, Daddy
I Love You!**



Families



KELLI ANNE BOTTA & ERIC JON GAUTHIER

Kelli Anne Botta Engaged To Wed Eric Jon Gauthier

Mr. & Mrs. Armando Botta of Agawam proudly announce the engagement of their daughter, Kelli Anne Botta, to Eric Jon Gauthier. The future bridegroom is the son of Mr. & Mrs. Robert Gauthier of Assonet, MA.

The future bride is a graduate of Cathedral High School and Fitchburg State College and works as an Editorial Assistant at CIO Magazine in Framingham, MA. Her fiancé also attended Fitchburg State College and is a Product Manager at Streamline.com in Westwood, MA.

The wedding is planned for August 26, 2000 at Mt. Carmel Church in Springfield with a reception following at Chez Josef in Agawam. They will reside in Mansfield, MA, following a honeymoon trip to Hawaii.

Pfc. Douglas Nooney In Basic Training

Army National Guard Pfc. Douglas R. Nooney has arrived at Fort Knox, Kentucky, to complete basic combat training.

During the eight weeks of training, the soldier will receive instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history and traditions.

Nooney is the son of Jan M. Nooney of 469 Corey St., Agawam, and Donald W. Nooney of 9 Granville Road, Southwick.

The private is a 1998 graduate of Agawam High School.



AT THE MARCH MEETING OF AGAWAM UNICO (from left to right): David D'Agostino, UNICO member; Joseph Miodonka with his student guide dog, Gustav; Dennis Marchetto, UNICO member; and Joe Conte, Jr., UNICO president.

Agawam Chapter Of UNICO Makes A Donation To Fidelco Guide Dog Foundation

On behalf of the Fidelco Guide Dog Foundation, Joseph Miodonka, with his student guide dog Gustav by his side, accepted a donation from Agawam UNICO at its March meeting at Alexander's Restaurant in Feeding Hills.

At the meeting, Miodonka (who has been a foster parent to four guide dog puppies over the

last six years) gave a brief presentation on how Fidelco raises and trains young shepherds to become guide dogs.

Also, he talked personally about the joys of being a foster parent to one year-old Gustav, his fourth guide dog puppy.

"Friends" Of Agawam Senior Center Slate Second Annual French Toast Breakfast

The Second Annual French Toast Breakfast sponsored by the "Friends" of the Agawam Senior Center will be held on Sunday, April 30th.

Tickets may be obtained from any Board member of Friends or at the Senior Center. Servings will be from 8:00 a.m.-12:00 noon.

The Agawam Lions will do the cooking. Tickets are \$3 for adults and \$1.50 for children. An egg substitute will be available for those who cannot have eggs.

Hope to see Friends and civic leaders attending.

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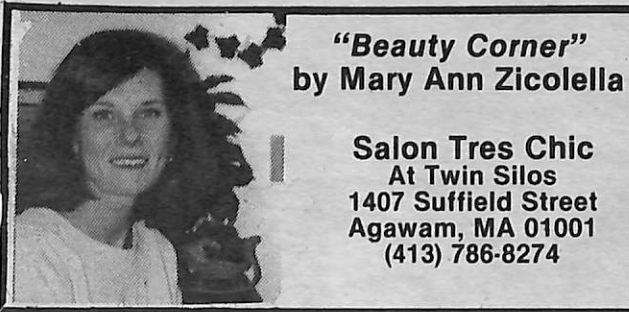
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Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column...

Question: I was wondering about the effects of aromatherapy. I heard that it can be so soothing for many things; can it be harmful at all?

Answer: If you feel good, that's half the battle of looking good! Aromatherapy is so beneficial, but can also trigger adverse reactions. Your body chemistry is constantly being altered by many things, including medications, age, and emotions.

The National Association for Holistic Aromatherapy (NAHA) in St. Louis, Missouri, notes that "when inhaled, essential oil component molecules enter the nasal passages where they stimulate the olfactory nerve, sending messages directly into the limbic system of the brain (which is associated with emotion). The inhalation of essential oils triggers changes ... which in turn can stimulate physiological responses within the body via the nervous, endocrine, or immune systems."

Thus explains the almost instant relief from nausea by drawing a large breath of peppermint oil, or the invigoration one feels after a hand

massage using a citrus oil blend.

The following is a list published in the April edition of *Nails Magazine* on "Essential Oils, Possible Negative Reactions":

- * Cinnamon, thyme — may cause allergic reactions, including contact dermatitis, eczema, and chemical burns.
- * Bergamot, lime, grapefruit, or other citrus fruit — photosensitizers; don't expose to UV light.
- * Clove, oregano — avoid use on asthmatics or those with sensitive respiratory systems.
- * Camphor, rosemary, and hyssop — could trigger seizures in epileptics.
- * Fennel, jasmine, myrrh, juniper, peppermint — avoid use on pregnant women.

Cinnamon and thyme are known sensitizers which can cause allergic reactions.

Bergamot, lime, or grapefruit (any citrus oil) should not be used if going into tanning booths or being exposed to sunlight, as this may cause skin irritation and could cause permanent, uneven skin pigmentation.

Clove or oregano can trigger an asthmatic attack, as these oils are potentially damaging to mucous membranes (such as the lining of the respiratory system).

Fennel, jasmine, myrrh, juniper, or peppermint should not be used on first-trimester pregnant women, as these are known as emmenagogues (which have been known to induce menstruation or other types of bleeding).

Safe oils are lavender, chamomile, petitgrain, and sandalwood. These are very gentle and can be used on almost anyone.

Try it — aromatherapy can leave you feeling great ... emotionally, spiritually, and physically!

Thought for a smile ... candles, hot tea, and a bubble bath.

And remember ... beauty is our business!

**Golden Age Club's
Chap. 2 Calendar
Of Events For April**

Wednesday, April 5th: Installation banquet at The Oaks, Suffield St., Agawam. Social hour, 11:00 a.m., and dinner served at 12:00 noon. Entertainment provided by Mike & Elaine. Reservations will be accepted until April 3rd. Call Eileen Collier, 786-1007.

Monday, April 10th: Bus trip to Mohegan Sun.

Wed., April 12th-Fri., April 14th: Bus trip to Lancaster, PA to see "Behold the Lamb" and Amish Country Show Tour.

Wednesday, April 19th: Regular meeting, 1:30 p.m. at the Senior Center. Entertainment by Golden Blue Ribbon Singers from West Springfield.

Tuesday, April 25th: Bus trip to Crowne Plaza Hotel, Pittsfield, MA. Dinner and show - Broadway Musical Hits. Reservations must be made with Alice Bishop by the April 5th meeting.

Friday, April 28th: Board of Directors' meeting, 1:00 p.m. at the Senior Center.

Annual dues for the year 2000 are now payable. Please send remittance to Harry Durant, 66 South Westfield Street, Feeding Hills, MA 01030.

Senior citizens living in Agawam are invited to join Agawam Golden Age Club Chapter 2.

All the hometown news with us, each and every week...

* * *

**Peg Parda Chapter/Women Marines Assoc.
To Hold Spring Meeting On April 15th**

The Peg Parda chapter MA-2 of the Women Marines Association will be having their spring meeting April 15th at the Marine Corps League building, North Elm St., Westfield, at 12:00 noon.

Barbara Chagnon, Area 1 Director of the Women Marines Association, will be the installing official at the installation of MA-2 officers for the year 2000.

Women who have served honorably, or are now serving in the Marine Corps or Marine Corps Reserve, are eligible for membership in the Women Marines Association.

If you are a Woman Marine, won't you join us in preserving and promoting the history and traditions of Women Marines? If you answer is YES, please call Rose Haynes at 786-2597.

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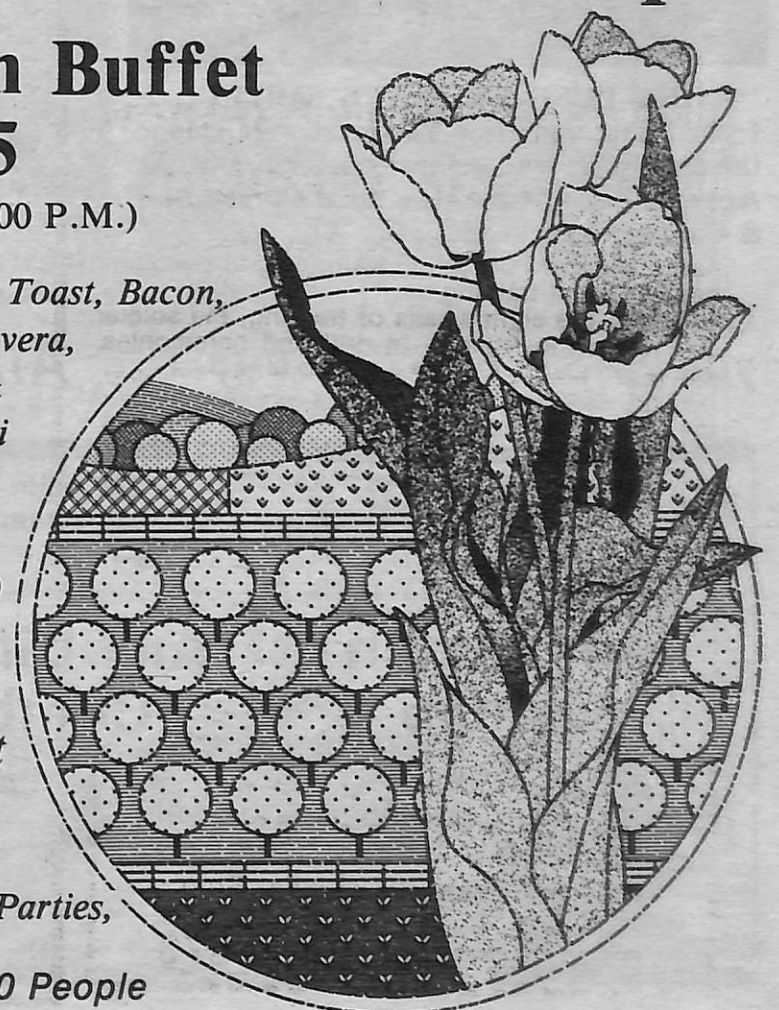
*Featuring Scrambled Eggs, French Toast, Bacon,
Sausage, Home Fries, Pasta Primavera,
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An Annual Tradition...

Corned Beef Luncheon At Senior Center

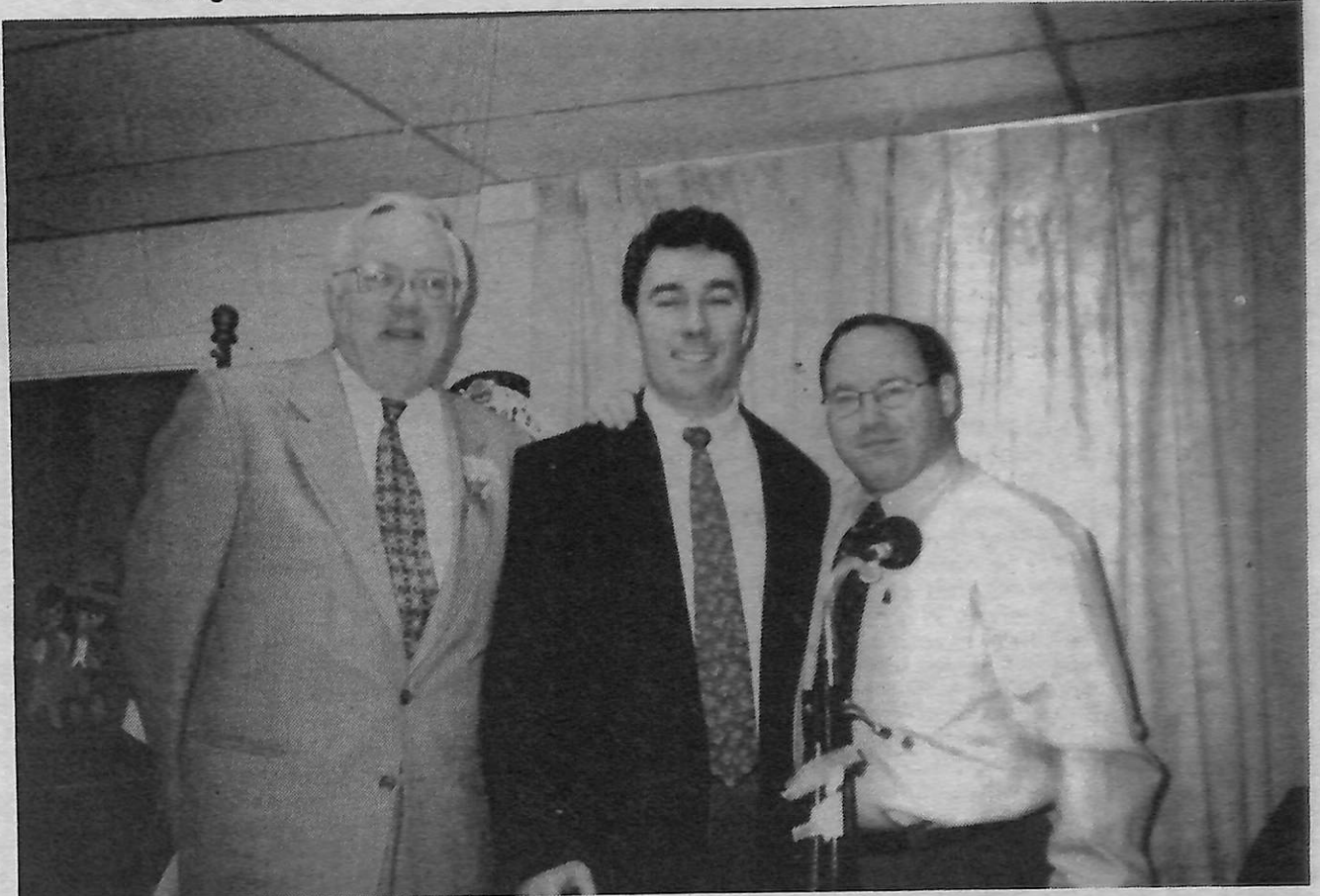
Forty shades of green were in Agawam on St. Patrick's Day. The Agawam Senior Center hosted its annual Corned Beef & Cabbage Luncheon in grand style on Friday, March 17th.

The kitchen staff, led by Peter Mathis, put out over 120 meals on wheels and another 240 dinners to seniors and friends at the Center. The unexpected snowstorm kept only a few away, but made way for others on the waiting list.

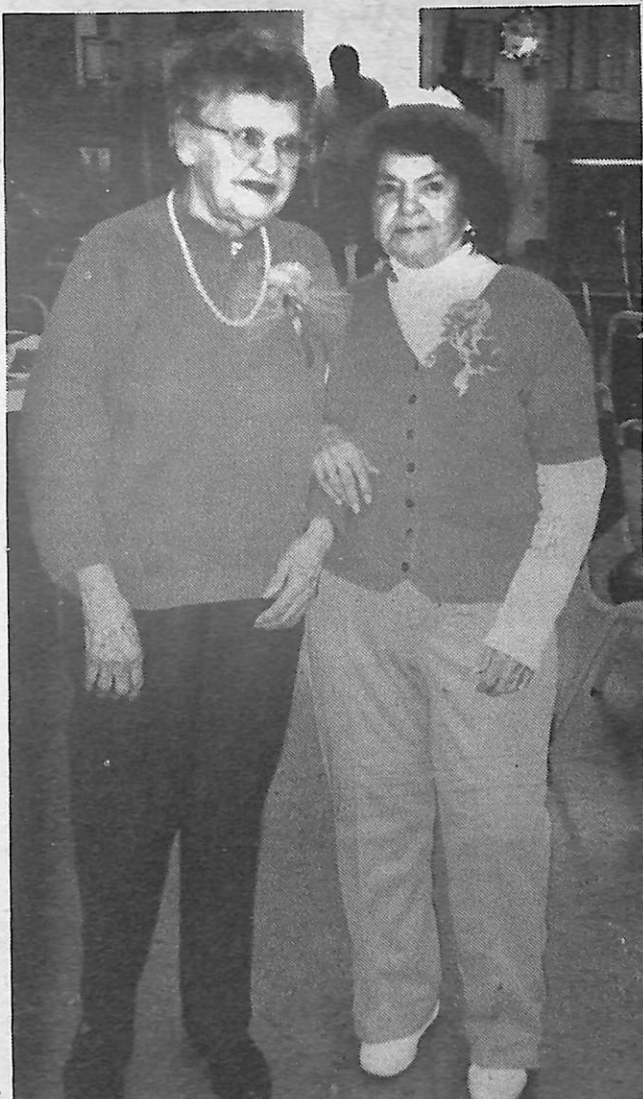
Such honored guests as Mayor Richard Cohen, State Representative Dan Keenan, Town Clerk Richard Theroux, City Council President Robert Magovern, and Housing Authority Board member Rosemary Sandlin joined Agawam Senior Center Executive Director Richard Mundo and volunteer John Balas, who have been enjoying this annual event for over 17 years.

Despite the snow, it was the biggest and best ever! Entertainment was provided by Jim White, keyboard player, the Senior Center Line Dancers, and the main attraction, "Patrick" Tobin, a Sinatra look- and sound-alike.

What a festive holiday celebration and an annual rite of spring!!



ON FRIDAY, MARCH 17TH (a.k.a. St. Patrick's Day), the annual Corned Beef & Cabbage Luncheon took place at the Agawam Senior Center. Among the honored guests were (from left to right) Town Council President Robert Magovern, State Representative Dan Keenan, and Mayor Richard Cohen.



"WHEN IRISH EYES ARE SMILIN'...": Lylia Fisher and Josie Yorsinski were among the partygoers who enjoyed themselves at the Agawam Senior Center's annual Corned Beef & Cabbage Luncheon.



WEARIN' A BIT O' THE GREEN: Volunteers Fern Senecal (left photo) and Helen Haskel (right photo) take a break during this year's Corned Beef & Cabbage Luncheon, which took place on St. Patrick's Day at the Agawam Senior Center.

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Updates Regarding March Fundraiser For Parish Cupboard

The Parish Cupboard announced progress in the month-long fundraising effort called the "March Match."

Figures released on March 17th showed that \$10,969 had been raised toward the goal of \$20,000. "Each week seems to bring us about \$5,000 closer to our goal," said Candy Boucher, Executive Director.

Included in the \$10,969 figure is \$583 donated by patrons of the "Songs for their Supper" concert held March 4th at St. Louis de France church. Also included are cash donations from 33 businesses/civic clubs who will be recognized as advertising partners of the Parish Cupboard for the year 2000. These businesses have contributed \$5,399 so far. Business partnerships are available starting at the \$25 level.

Individuals continue to be the most dedicated supporters of the Parish Cupboard, contributing \$4,441 by returning the March Match envelopes and another \$583 by contributing in their churches. The totals for church contributions reflect just two participating thus far.

A special donation was received on St. Patrick's Day from the West Springfield Lions Club. The Lions contributed \$1,650 toward the purchase of a brand new commercial stove for the Parish Cupboard.

The first March Match was held in 1999, bringing in \$22,049.39 from a total of 249 sources. Last year's total included a grant from The Big E, West Springfield Trust of \$9,500 for new siding.

The Parish Cupboard is the only food pantry and soup kitchen serving the people of Agawam, Feeding Hills, and West Springfield. They also serve residents of Southwick and any homeless individuals who come to their door. Meals and clothing are available to all. The Parish Cupboard operates strictly on donations, including the generosity of Project Bread, Food for Friends, United Way donor designations, among others.

More "Songs for their Supper" will also be presented on Wednesday, March 29th from 5:00-6:00 p.m. The music, presented at the Parish Cupboard, will beckon residents with last-minute donations and entertain patrons who eat dinner there every Wednesday night. "This will be a solo act ... with the notion that it ain't over 'til the Executive Director sings," said Boucher. "It is also my way of thanking our community for their generosity."

The concert, "Folk Songs and Love Songs," will be held on the porch of the Parish Cupboard at 1023 Main Street - rain or shine.

The March Match continues until March 31st. Individuals may send or drop-off their donations. Business owners or leaders of civic organizations should contact Mrs. Boucher at 734-7969 for more information.

* * *

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* * *

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* * *



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AGAWAM, MA 01001

Friends of the Agawam Senior Center will sponsor a trip to Mohegan Sun Casino on Monday, April 24th.

The price will be \$16 and will include a \$10 food ticket, \$10 Big Wheel ticket, and gratuities.

To obtain a ticket, please call Nellie Mathias at 786-9093 or the Senior Center.

The bus will leave from the Senior Center at 8:00 a.m. and will leave Mohegan Sun at 4:00 p.m. and arrive home at 5:30 p.m.

The trip is open to the public.

Fay Borgatti Receives Child Development Associate Credential

Fay Borgatti of Feeding Hills has been awarded a Child Development Associate (CDA) Credential in recognition of outstanding work with young children. The Credential was awarded by The Council for Early Childhood Professional Recognition in Washington, DC, which represents the early childhood profession.

CDA is a national effort to improve child care by evaluating and recognizing the skills of individuals providing care. People who use child care are especially concerned about their child's welfare. With this in mind, as part of the CDA assessment process every candidate for the CDA credential is observed working with young children by an early childhood professional.

In addition, the candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

Fay was assisted through the process with funds from the Agawam Early Care and Education Partnership and consultation from Springfield Day Nursery. Anyone interested in more information about the CDA process should call the Preschool Enrichment Team at 413-736-3900.

She has also been awarded the Vivian Polk Award in Professionalism for 1999 by Springfield Day Nursery.

Ag. Senior Center's Weekly Lunch Menu

Monday, March 27th: Chicken a la king, fluffy white rice, mixed vegetables, whole wheat bread, banana.

Tuesday, March 28th: Pork cutlet with brown gravy, mashed potato, French cut beans, rye bread, custard.

Wednesday, March 29th: Liver and onions, baked potato, stewed tomatoes, whole wheat bread, apricots.

Thursday, March 30th: Hamburger on a roll, cheese, tomato, lettuce, potato salad, pears.

Friday, March 31st: Macaroni and cheese, stewed tomatoes, corn muffin, cookies.

(Menu subject to change without notice.)

Junior Women's Club To Sponsor Spelling Bee On March 31st

The Agawam Junior Women's Club is sponsoring the annual town Spelling Bee on March 31st at 7:00 p.m., at the Agawam Middle School. The contest is open to fourth, fifth, and sixth grades.

Competing in the Spelling Bee will be a representative from each homeroom class in each grade. The public is invited to attend the Spelling Bee. Serving as the "Pronouncer" is, once again, Paul Sutton, former meteorologist at News40. The judges will be Mayor Richard Cohen, Sue Pettazoni, and Judy Cline, Agawam Library reference librarian.

Awards will be presented to all participants and prizes will be given to first- and second-place winners at each grade level.

For more information, please call Theresa Conklin at 786-6515. The Agawam Junior Women's Club, a member of the General Federation of Women's Clubs, Junior Membership, is sponsoring the Spelling Bee.

— ADVERTISER NEWS —

PARTHENON

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Limited Supply Of VIP Passes For Six Flags' Opening Day

There's only one way to get to the grand opening of Six Flags New England and that's with a golden VIP ticket.

Not originally for sale anywhere, a limited supply of VIP passes for the May 5th opening day extravaganza will now be available for an incredibly low price of \$10 per ticket. All proceeds from these tickets will go directly to the creation of a new Skateboard Park in the Town of Agawam.

The next Six Flags New England has something for everyone with brand new attractions like Bugs Bunny's **Looney Tunes Movie Town**, the **Batman Thrill Spectacular**, and three new coasters including the east coast's tallest hyper coaster, **Superman - Ride of Steel**.

You can be among the first to experience it all by picking up your tickets at the Agawam Parks and Recreation Office, 760 Cooper Street in Agawam, Friendly's Restaurant, 19 Springfield Street in Agawam, and Theory Skate Shop, 532 Main Street in West Springfield.

Group tickets can be purchased by calling Chris Sparks, Director of Parks & Recreation, at (413) 821-0513. No one will be admitted to the Park on May 5th without one of these special tickets.

Come be a part of Six Flags history and support the building of a new Skateboard Park for the Town of Agawam. Tickets are available now, but quantities are limited.

For more information, contact Town of Agawam Parks & Recreation Department, 760 Cooper Street, Agawam, (413) 821-0514 (phone), (413) 789-2610 (fax).

Senior Center To Host Washington, DC Trip

The Agawam Senior Center is sponsoring a trip to Washington, DC from Saturday, April 15th to Tuesday, April 18th.

Cost is \$403 and includes stay at the Governor Inn in Virginia (with indoor pool), a visit to Capitol Hill, the FDR Memorial, Vietnam Memorial, Arlington Cemetery, Ford's Theater, and the Smithsonian Museum.

For more information, call 786-0400, ext. 242.

On Thursday, March 30th...

Agawam UNICO To Sponsor Bus Trip To Mohegan Sun

The Agawam Chapter of UNICO National will be sponsoring a bus trip to Mohegan Sun on Thursday, March 30th. This event is being held as a fundraiser for the local UNICO chapter.

The bus will leave the Italian Sporting Club, Cooper Street, Agawam, at 5:00 p.m., and will return to Agawam at 1:00 a.m.

The cost of this trip is \$25 per person, which includes round-trip bus fare, \$10 in gambling chips from the casino, and \$15 in food coupons.

Seating is limited. For information, call Joe Conte at 789-7302 or Ron Lalancette at 786-1782.

Agawam Senior Center Schedules 5th Annual Golf Tournament

The Agawam Senior Center will be holding its fifth Annual Golf Tournament on Friday, May 19th. Proceeds will go toward the expansion of the Center.

There will be a shotgun start at 7:30 a.m. at the Agawam Municipal Golf Course. A \$45 registration fee covers a continental breakfast, greens fees, cart, and a deli lunch at the end of play.

Breakfast will begin at 7:00 a.m. Trophies will be awarded for the winning foursome, closest to the line, and nearest the pin. Two hole-one prizes have been made available from Golf Day and Fran Johnson's.

There will be numerous raffle prizes, including a 25" color television donated by Forastiere-Colonial Funeral Homes. For more information, call Richard Mundo at 786-0400, ext. 242.

Please remember to patronize your local businesses...



DUNCAN AILEEN REED

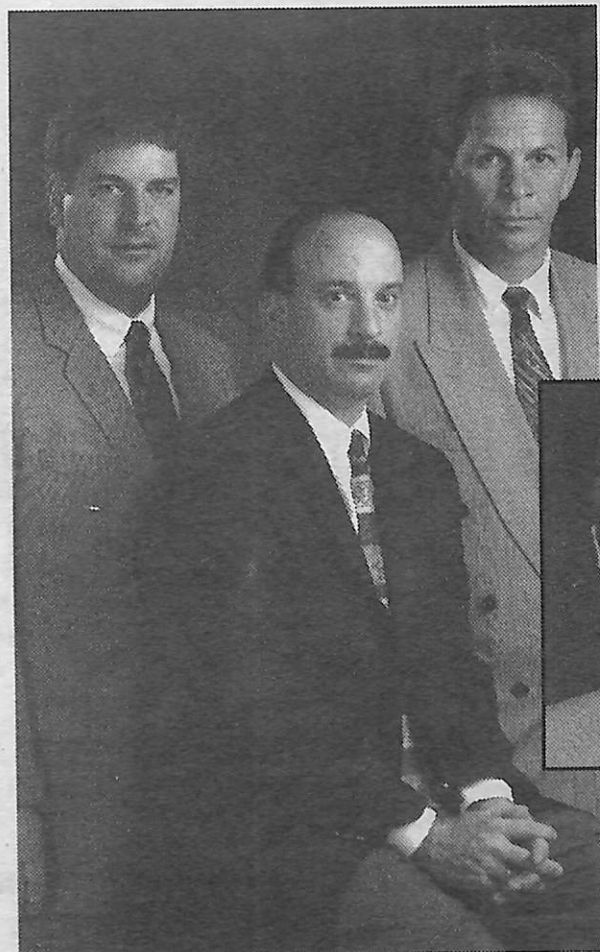
The Reed Family Announces Birth Of Daughter, Duncan

Craig & MaryBeth Reed are proud to announce the birth of their first child, Duncan Aileen Reed. She was born on December 21, 1999 at 6:07 p.m., weighing seven pounds, 11 ounces, and measuring 19½ inches long.

The maternal grandmother is Beverly Lecca of South Hadley, and the paternal grandparents are Flo Woodruff of Monroe Township, New Jersey, and James David Reed of Petoskey, Michigan.

Duncan recently celebrated her baptism at St. David's Church in Feeding Hills. She was baptized by the Reverend John Parke, who baptized her father, Craig, back in 1967 at St. Barnabas on the Desert in Scottsdale, Arizona.

Best hometown news...



We are pleased to announce the appointment of Steven Gould, formerly of Toomey-O'Brien Funeral Homes, as Funeral Director at Curran-Jones Funeral Homes. Steve has over fifteen years professional experience and possesses expertise in all aspects of the funeral service business.



STEVEN GOULD
Funeral Director

JOSEPH D. CURRAN
President

T.J. O'BRIEN
Vice President

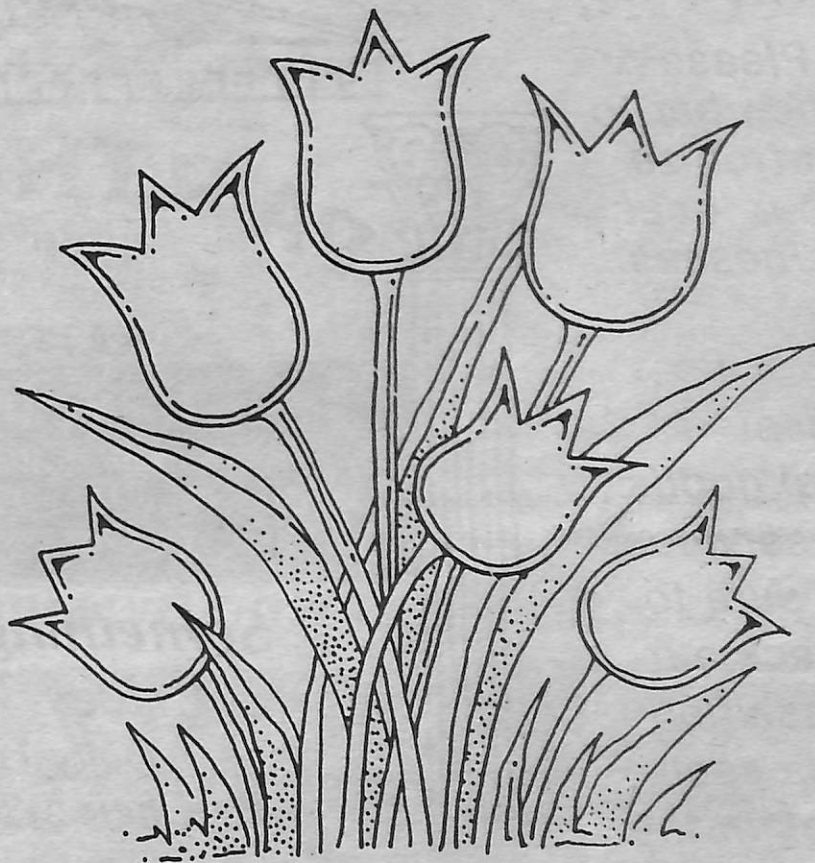
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Church News

Announcements From Faith Bible Church In Agawam

This past Friday night, many members of Faith Bible Church attended the Missions Conference at First Baptist Church in Longmeadow. A few members of Faith Bible Church put on a skit entitled "Purchase of Souls."

The room was silent, and all those who attended were amazed at the wonderful job done by these people.

This Friday night, we will be holding our monthly pot luck dinner. Corned beef will be served, as well as many other dishes that the members will be making.

This will promise to be another wonderful time of eating and much good fellowship with others.

Just a reminder: on Sunday, April 2nd, we will be starting two services, as we have outgrown one service. The first will start at 9:00 a.m., and the second will be at 10:30 a.m.

We will provide nursery and Sunday School for the children.

WEEKLY SCHEDULE OF EVENTS AT FAITH BIBLE CHURCH

Sunday: 9:00 a.m. to 10:15 a.m., First Service; 10:30 a.m. to 12:00 noon, Service; 12:00 noon to 1:00 p.m., Coffee/Fellowship.

Tuesday: 6:30 p.m. to 8:30 p.m., Bible Study/Book of Revelation.

Wednesday: 6:30 p.m. to 7:00 p.m., Prayer; 7:00 p.m. to 8:00 p.m., Praise & Worship Service.

First & Third Thursday: 6:00 to 7:00 p.m., Young Ladies Bible Study (at the Michalak home).

Friday: 6:30 to 8:30 p.m., Youth Group.

Saturday: 6:00 a.m. to 8:00 a.m., Leadership Prayer & Meeting; 8:00 a.m. to 9:00 a.m., Open Prayer; 9:15 a.m. to 10:00 a.m., Bible Study; 10:00 a.m. to 12:00 noon, Music Practice; 12:00 noon to 1:00 p.m., Outreach.

— ADVERTISER NEWS —

CPR Class To Be Taught April 1st & 2nd At Sacred Heart Parish

Interested in learning CPR? A two-day CPR course will be held at the Sacred Heart Church Social Center, Springfield Street, Feeding Hills.

The course will be held from 12:00 noon to 3:00 p.m. on Saturday, April 1st, and from 1:00 to 5:00 p.m. on Sunday, April 2nd.

The cost will be \$50, as this will provide you with a two-year certification by an American Heart Association Certified Instructor.

Proceeds from this course will be used to benefit BSA Cub Scout Pack 75, and all fees are tax-deductible. This is an excellent opportunity to learn a life-saving skill.

Pre-registration is required for this event, and a \$10 non-refundable deposit is required. Space is limited; the deadline for registration is March 24th.

To register and/or receive more information, call Nancy, 786-2309, or Cheryl, 789-1655.

At Feeding Hills Congregational...

Operation Friendship Slates Next Roast Beef Dinner For April 1st

Operation Friendship of America, a non-profit youth cultural exchange program sponsored by the Feeding Hills Congregational Church, is having a Roast Beef Dinner on April 1st.

Dinner consists of roast beef and gravy, mashed potatoes, tossed salad, vegetables, bread and butter, dessert, and beverage. Servings will be continuous from 5:00 p.m. to 6:30 p.m.

Adults \$7.50, children under 12 are \$4, and children under five are free. Reservations are appreciated; call 786-8743 or 786-9780. Walk-ins are welcome.

Activities & Events At First Baptist Church In Agawam

"What Do You Do With A Gift?" is the title of Rev. Barnes' sermon for March 26th, and the scripture reading will be I Peter 4:1-11 at First Baptist Church, 760 Main Street, Agawam.

Visitors are welcome, and child-care is available during worship. Following worship is a time for coffee and fellowship, and then Sunday School classes for all ages.

Two adult classes are offered — the Pastor's class, "The Hurried Family," and the study of the New Testament class led by Rev. Mercy Gonzalez-Barnes.

Two opportunities are offered for Bible study during the week.

The Home Bible Study Group meets on the first and third Tuesday at 1:30 p.m. Beginning April 4th, they will be studying the words of Jesus found in the book of Matthew.

The Evening Bible Study Group meets on the second and fourth Wednesday at 7:00 p.m. During April and May, the study will be on the letters of Paul to the Philippians and Thessalonians.

New members are always welcome to either of these study groups.

The Youth Group meets each Tuesday at 7:00 p.m. at the church. Their upcoming events include a Parent/Teen Workshop on April 1st; a Car Wash on April 22nd; and they will be attending the Treasure Valley Retreat from May 5th to May 7th.

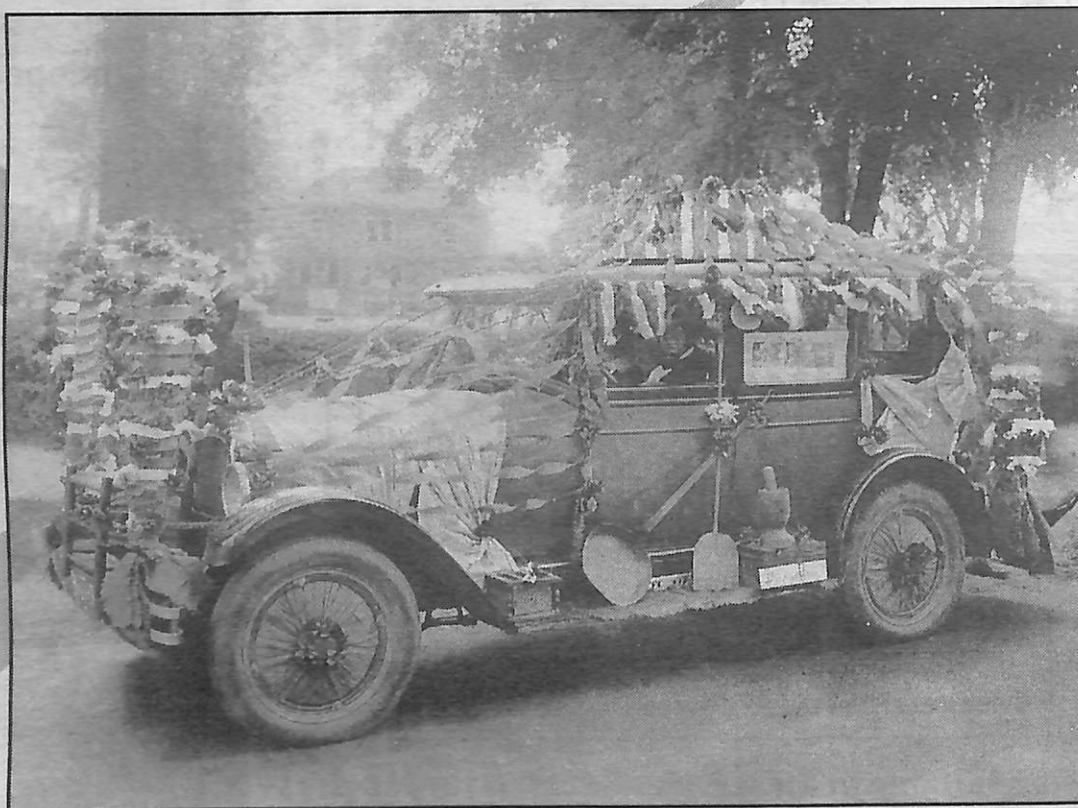
Church office hours are 9:00 a.m. to 12:00 noon, and can be reached at 786-7300.

*You turn our pages for all
the local news, each and
every week...*

"Mrs. Banforth's winning float in Agawam's 75th Anniversary Parade, July 1930."

MRS. DANFORTH WAS PRESENTED a \$20 gold piece by Charles Hull for her efforts.* The Agawam Historical Assoc. is interested in all photos of Agawam's past, including the town's 50th, 75th, & 100th Anniversary celebrations for publication in *Images of America: Agawam and Feeding Hills*, the pictorial history to be published by Arcadia Publishers. If you have images of Agawam's past—landscapes, family, businesses, etc. from 1860-1960 and would be willing to lend them for this project, we're interested in speaking with you. All photos will be returned when the project is completed. In order to make our publishing deadline, we must have all photos in hand by the end of May. Please call David Cecchi if you would like more information. 731-7600 (days) or 789-3338 (eve.) *If anyone knows more about Mrs. Danforth and this float, we'd love to hear the details!

DEADLINE: MAY 31, 2000



 Agawam Historical Association

POST OFFICE BOX 552 AGAWAM, MASSACHUSETTS 01001

Church News - continued...



Reflections...

submitted by
Rev. Peter Monahan
 Pastor of the New Life
 Christian Church,
 Suffield, CT
 (413) 789-1377 or
 toll free (877) 643-9801

The Ten Commandments

When I was growing up, I, like most children, was given rules to live by. Those rules were given to me primarily by my parents. My parents gave me those rules as an act of love. My parents were wise enough to know that I didn't know how to discern right from wrong all by myself. They loved me enough to provide guidance for me.

Living as we do in a pluralistic society, we can, even as adults, become confused as to what constitutes right and wrong behavior. If that wasn't the case, we wouldn't need Congress to write legislation and a court system to interpret the rules promulgated by Congress. The very existence of the legislative and judicial branches of government argue for the necessity of rules.

God, who is the primary lover of humankind and the ultimate source of all wisdom, also gives us rules to live by. It would be surprising if He didn't. While the rules handed down by parental or legislative authorities may vary in terms of their completeness or correctness, God's rules are both complete and correct.

The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple. The law of the Lord is perfect because it is complete. Everything we need to know about our personal, daily conduct can be found in Scripture.

The law of the Lord is summarized in the Ten Commandments. The Ten Commandments are concise and complete rules for living. Jesus, as well as the religious leaders of Jesus' day, understood the completeness of the Ten Commandments. One one occasion, the religious leaders asked Jesus which of the Ten Commandments was the greatest. Jesus answered, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is

like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

The first three of the Ten Commandments tell us how to get along with God. We are to respect God only, and to reject all false gods. We must not worship idols. We must not misuse God's name. In a sense, these might be considered to be "private commandments."

The fourth commandment could be considered to be a transitional commandment. When God commands us to **remember the Sabbath day by keeping it holy**, He both insists we trust Him enough to provide for us with our limited labor, and He also instructs us to obtain adequate rest and refreshment.

In the final six commandments, God tells us how we are to treat each other. We are to take care of our parents in their senior years, and are promised a great blessing from God if we do. We are forbidden to murder people, cheat on spouses, to steal, or to lie about other people. These could be called the "public commandments," because they concern our public behavior. It is worth considering that God positions adultery right in the middle of behaviors which are unarguably public in their nature. Could it be that the intentional destruction of one's family by adultery is more than just one's own business? Most people would agree these are all good and reasonable instructions. Isn't it comforting to know that God cares about how people treat one another? Do we appreciate that God knows and cares about how we treat others?

Finally, God commands us to be satisfied with what He gives us. God says the grass is not "always greener on the other side of the fence." As Erma Bombeck said, "The grass is always greener over the septic system."

The Psalmist wrote that not only is the law of the Lord perfect, but that it **revives the soul**. Think about it - how much better off would society be if all people regularly obeyed the Ten Commandments? Our crime rates would plummet, our divorce courts would be empty, and our families would be happier.

Just as the journey of one thousand miles begins with the first steps, so the transformation of a society begins with the individual. That would be you and me. We have everything to gain by obeying God. All we have to lose is a lot of heartache and misery. It doesn't take a rocket scientist to figure out which is the attractive choice. The statutes of the Lord are trustworthy, making wise the simple.

St. David's Episcopal Church Slates Chicken And Spaghetti Dinner

St. David's Episcopal Church will be hosting a Chicken & Spaghetti Dinner on Monday, April 3rd, at 6:00 p.m. The dinner will be held at St. David's Church, 699 Springfield Street, Feeding Hills.

The menu will include: half chicken and spaghetti, garlic bread, tossed salad, coffee, tea, and juice, and ice cream with fudge sauce (made by the cook!).

Tickets are \$7 for adults and \$3 for children under 12. These may be purchased in advance at St. David's or at the door.

Due to a sell-out on most of last year's dinners, we will be unable to hold unpaid reservations past 6:30 p.m. without prior arrangements.

Proceeds from this dinner will go towards the debt reduction of the new church building.

For more information, please call 786-6133.

Spring And Summer Fashions Available At The Trading Post

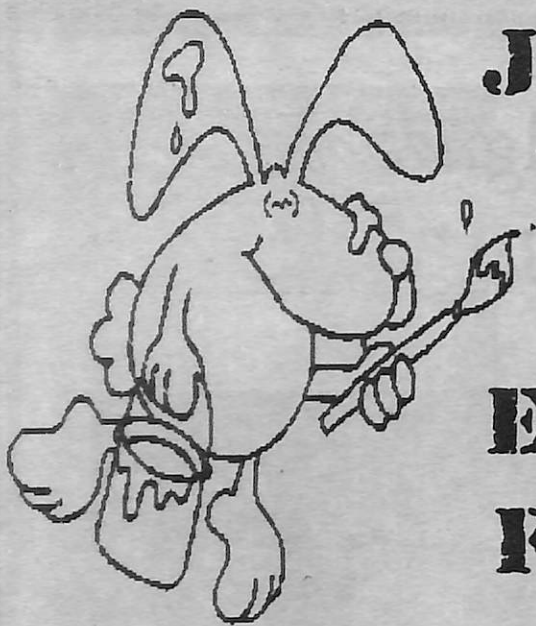
Attention, smart shoppers. It's Spring Fashion Time at the "Trading Post." We are now offering our collection of spring and summer fashions for the smart shopper.

You'll be happily surprised at our assortment of women's, children's, infants', and men's clothing. We are well-stocked in sizes from petite to stylish stouts.

We also have miscellaneous household items, glassware, toys, small appliances, and some collectibles. Another surprise—our Wednesday "SCOOP."

We invite you to come in and browse through the knick-knacks, books, records, tapes, footwear, handbags, and much more.

Make Wednesday your bargain day at the Trading Post, Agawam Baptist Church, corner of Elm and Main Sts. from 10:00 a.m. until 5:30 p.m.



**JOIN US
 FOR A
 PRE-
 EASTER
 FEAST!**

**DELICIOUS 1/2 CHICKEN
 & SPAGHETTI DINNER**

Monday, April 3, 2000 • 6:00 p.m.
\$ 7.00 - Adults • \$ 3.00 Children under 12

Menu includes:

- 1/2 Chicken & Spaghetti
- Tossed Salad
- Garlic Bread
- Coffee, Tea, Juice
- Ice Cream with Fudge Sauce (made by the cook!)

Tickets available at all services or call (413) 786-6133
 (Reservations recommended, most dinners are a SELLOUT!)
 Reservations must be picked up by 6:30 p.m.

*St. David's
 Episcopal Church*

699 Springfield Street • Feeding Hills, MA 01030 • (413) 786-6133

Leukemia Society Fundraiser

Redecorate Your Home Or Start A Collection Of Hand-Crafted Longaberger Baskets®, Pottery, And Accessories And Help A Worthy Cause At The Same Time! It's Easy When You Attend The Leukemia Society Team-In-Training Fundraiser.

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(413) 789-6455

Will Have A Beautiful Display Of Longaberger® Products. All You Need To Do Is Place An Order, And 20% Of The Proceeds Will Be Donated To "The Leukemia Society Of America."

DON'T MISS IT!



Date: Tuesday, March 28th
Time: 11:00 A.M. Until 8:00 P.M.

Place: Law Office Of Cecilia P. Calabrese
 850 Springfield Street, Suite 1
 Feeding Hills, MA
789-7654

Church News - continued...

Announcements From Sacred Heart Church In F. Hills

PARISH COUNCIL

The next Parish Council meeting will be held on Tuesday, April 4th, at 7:00 p.m. in the Parish Center.

All parishioners are invited.

RUMMAGE SALE

With spring in the air, you must be getting out your last year's spring and summer clothing for the family. Remember the Rummage Sale that will be held in the Parish Center on April 27th. We would be happy to take any spring or summer clothes you no longer want; just be sure they are clean and wearable.

We will also be collecting items for the Attic Treasure Room. Here is the place to get rid of all the extras that we seem to collect. Keep a box handy as you spring-clean and put your unwanted objects in it. As with the clothing, please only clean and usable items!

Because the Rummage Sale is a week later than usual this year, we will be asking you to drop off your items on the three weekdays before the sale (time to be announced later).

We are still asking for help — call Theresa at 786-4966 or Nancy at 786-3384.

COMMUNAL PENANCE SERVICE

The Agawam Lenten Inter-parish Penance Service will be held at St. John's on Sunday, April 2nd, at 1:00 p.m.

For your convenience, several priests will be available to help with confessions.

BISHOPS' OVERSEAS APPEAL

"Provide hope in the new millennium" is the theme for this year's American Bishops' Overseas Appeal. This collection will be taken up on April 1st and 2nd.

Catholic Relief Services, the Church's overseas relief and development agency, last year gave shelter and sustenance to refugees fleeing war and persecution in Sudan, Kosovo, and elsewhere. CRS also helped almost one-million victims of Hurricane Mitch with food, medicine, and rehabilitation aid.

This has all come due to the generosity of people like you. May you continue to be as generous as you were in the past.

PARISH COUNCIL NOMINATIONS

Nominations of registered parishioners will be accepted until March 26, 2000 for anyone wishing to serve on the Parish Council. Elections will be held on the weekend of April 8th and 9th.

If you wish to nominate yourself or someone else from the parish, please fill out the form on the cover of the parish bulletin and return it to the rectory or drop in the collection basket no later than March 26th.

We are also looking for two high school students to serve on the Parish Council.

News & Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday morning service of worship begins at 10:00 a.m. and will include the collection of our pledges for the Gift & Promise special campaign.

Rev. Donaldson's sermon is entitled "Simple Rules for Living." The Lector will be Diane Fiedasz. The Bible reading is Exodus 20:1-17. Andy and Chris Kretschmar will be our Acolytes.

Children, who are invited to attend worship with adults, will be dismissed for Sunday School at a designated time. Nursery care will be provided for the very young.

Confirmation Class met as usual on Wednesday, March 22nd (presstime), and will meet again on Friday, March 24th, at 6:45 p.m. for a visit to Mt. Sinai Temple.

The following week Confirmands will visit the Holocaust Museum in Washington, D.C.

The Flower Committee will again be taking orders for Easter lilies. The lilies are \$11 for a double stalk with about 10 flowers. Orders must be placed with the committee by April 9th.

If you have any questions or would like to place an order, please contact Sharon Rozanski, 786-8743; Betty Bava, 786-0679; or Margaret Johnson, 525-7480.

One Great Hour of Sharing, a special all-church offering, will be collected on Sunday, April 2nd.

The United Church Board for World Ministries uses gifts to OGHs offering to provide disaster response, development and refugee assistance, and to support social service programs of partner churches around the world.

On the calendar:

Friday, March 24th: 6:00 to 10:00 p.m., Creative Memories; 6:45 p.m., Confirmands meet for trip to Mt. Sinai Temple.

Sunday, March 26th: 10:00 a.m., Gift & Promise Sunday; Pastor-Parish Relations Committee following worship; 12:00 noon to 8:00 p.m., Church of Redemption.

Monday, March 27th: 4:00 p.m., Daisy Scouts; 6:30 p.m., Cub Scouts.

Tuesday, March 28th: 7:00 p.m., A.A.

Wednesday, March 29th: 2:45 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 6:30 p.m., Confirmation; 7:30 p.m., Choir.

Thursday, March 30th: 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study

Friday, March 31st: Confirmands leave for Washington, D.C.

Calendar From Ag. Congregational

On March 26th, the Third Sunday of Lent, worship will be held at the Agawam Congregational Church (745 Main Street, Agawam) at 10:30 a.m., and Church School will take place at 9:00 a.m. (for seventh- through 12th-graders) and during the 10:30 a.m. service (for Crib Room through sixth-graders).

The interim pastor, Rev. Dr. Eric Bascom, will be on vacation. He will return next week.

Ms. Clare Overlander, a second-year student at Yale Divinity School, as well as a member and Deacon at the First Churches in Northampton, will be the Guest Preacher. Her sermon topic will be "In Wildness is the Preservation of the World."

The Lectionary Readings will be Psalm 30 and Mark 1:9-15.

During the Lenten season, members of the Agawam Congregational Church will be crossing the street to the Agawam Baptist Church for regular Wednesday morning devotions at 7:00 a.m., followed by a continental breakfast at the Baptist church.

A Lenten series will be offered on Wednesday evenings at 7:00 p.m. in the Friendship Room. The series will be led by Gerry Desroches.

All are invited to attend. Join us as we journey through Lent together.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Tuesday morning. We read from the devotional guide "Under Room" for meditation and discussion, with time for coffee and fellowship.

The Annual Meeting will be on Sunday, April 9th, following the worship service.

All officers and new committee members will be installed at this time.

The Ladies Aid is sponsoring an "Appraisal Fair" on April 6th from 3:00 to 7:00 p.m. at the church. Stop by and have your "treasures" appraised.

The cost is \$5 for one item, and \$12 for three items. Coffee and tea will be served.

There will be a bake sale ongoing through the fair, and refreshments will also be available for purchase.

For more information concerning any of our events, please call the church office at 786-7111.

ADVERTISER NEWS

— Check our classifieds —



SYMPTOMS: Do you...

- ☐ think spaghetti is a finger food?
- ☐ sleep "like a baby" (up at 10, 2 and 4)?
- ☐ write your grocery list in crayon?
- ☐ say "bye-bye" to everyone?

DIAGNOSIS: Mother of Preschooler! (MOP)

Rx: Attend a MOPS® meeting. Relief is usually immediate!

JOIN US FOR:

- Encouragement and fun
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- Small group discussion
- Creative activities
- Child care

Call us for the location, date and time of the next meeting near you!

562-1504

Westfield Evangelical Free Church

Rte. 10/202, Westfield
(Just Beyond The Southwick Line)

MAKE YOUR RESERVATION

An inheritance
incorruptible and
undefiled [is] reserved
in heaven for you.
—1 Peter 1:4

As early as 1995, reservations were being made in fashionable hotels and resorts for celebrating New Year's Eve 1999. According to writer Calvin McDowell in *The New York Times*, the London Savoy had by then been twice overbooked. Although the charge for the evening was \$1,000, the Rainbow Room in New York City had a waiting list. So did the Waldorf-Astoria. Reservations were hard to get.

For many people, the end of the 1900s and the dawning of a new millennium brings with it the hope that life will be different. Yet one doesn't have to be endowed with the gift of prophecy to know that life is destined to continue as it was in the last millennium. For example, we can be

sure that death will continue to be inescapable. We know that no one today will live to see the year 3000.

Because death is inescapable, we must answer this very thought-provoking and personal question: Have you made sure of your heavenly reservations? It's not too late. You need to put your trust in Jesus Christ now for forgiveness and cleansing of your sin. You then will have a guaranteed reservation for that home in glory (Jn. 14:2), and you can be assured that you'll celebrate with the Lord for all eternity. Make your reservation today! —VCG

There is a place reserved in heaven

For all who have believed;

Eternal life is freely given

When humbly it's received. —Sper

IT'S NEVER TOO SOON TO PLAN FOR ETERNITY.

Church News - continued...

Parish News And Notes From St. John's Church

SAINT JOHN'S NEWSLETTER

The Newsletter Committee is preparing for the next edition of the Parish Newsletter. Anyone who would like to submit an article is asked to call Donna Gregory, 788-7681, as soon as possible.

The committee is still accepting possible names for the Newsletter, so put on your creative thinking hat and come up with a good one.

MILLENNIUM ACTIVITIES UPDATE

The second Millennium Quilt has been completed. It is now hanging in the church. Soon, both will be hung in the Parish Center.

We extend a special word of thanks not only to those who signed their names to this effort, but to the ladies who planned and sewed these visible signs of the parish letter.

FEAST OF SAINT JOSEPH

This Sunday is the normal feast day of St. Joseph, but it is transferred to Monday this year.

As we honor St. Joseph, we also pause to acknowledge the Sisters of St. Joseph who have served the Diocese and St. John's so well over the years.

GIRL SCOUT EASTER PROJECT

Our Girl Scout Troop will be participating in an Easter Project, "Operation Hope Tote," in conjunction with the Springfield Rescue Mission.

The girls will be filling tote bags with personal care items for distribution in early April. They are asking St. John's to help them by donating items (e.g., toothbrushes/paste, soap, shaving cream, brushes, combs, tissues, etc. — only new and unopened).

WEDNESDAY NIGHTS DURING LENT

At the 7:00 p.m. Mass during Lent, there will be an ongoing program dealing with the Eucharist as Sacrament and Sacrifice.

This is a good chance to deepen your awareness of a central belief of our faith.

HOLYOKE CATHOLIC PLACEMENT TEST

The Holyoke Catholic Placement Test will be held on April 1st from 8:15 to 11:15 a.m.

To register, call the school at 533-0347.

FINANCIAL AID FORMS FOR 2000

Those who wish to apply for financial aid to assist in parochial school education costs may pick up a form at the Rectory Office.

A new form must be submitted *each year* and must be sent in by May 1st.

* * *

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

* * *



Grace Baptist Church

475 Pine Street, Feeding Hills
Pastor Carmen A. Rizzo

"A Place For Your Family"

Schedule Of Services

SUNDAY

9:30 A.M. - Sunday School
10:30 A.M. - Morning Service

Series - "Biblical Portraits"
(Role Models For Today)
6:00 P.M. - Evening Services
Series - "Immortality"

FRIDAY

6:30 - 8:30 P.M. - Awana Clubs Youth Program
Adult Series:
"What It Takes To Make A Marriage Work"

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Phone 821-0112

On Saturday, April 1st...

Cornerstone Christian Bookstores To Host Premiere Of Video

Big Idea Productions and Cornerstone Christian Bookstores have announced that the Agawam premiere showing of **King George and the Ducky**, the newest release from the popular VeggieTales video series, will take place at the Agawam Family Cinemas on Saturday, April 1st.

This premiere viewing is open to the public, and tickets for the event (which starts at 9:30 a.m. and 11:00 a.m.) can be purchased in advance at Cornerstone Christian Bookstore in Agawam (337 Walnut Street Extension) for \$2. If available, tickets may also be purchased at the theatre for \$2.50 the morning of the show.

In **King George and the Ducky**, the newest VeggieTales story, a cucumber king makes a huge mistake when he decides the most important person in the world is, well... himself! Can he learn to put others first before it's too late?!

King George and the Ducky is the 13th title in the VeggieTales series. *Newsweek* calls VeggieTales "a smash hit." The *Washington Post* likes the "first-rate computer animation, inspired scripts, and an infectious, wacky sense of humor."

And the *Detroit News* says VeggieTales creates "well-crafted, entertaining animated stories that gently spread values such as loving others, thankfulness, forgiveness, and sharing."

VeggieTales are the creation of Big Idea Productions, a family media company committed to providing wildly entertaining tools to help parents teach children important life lessons. Since the release of the 1993 *Where's God When I'm Scared?*, Big Idea has led the children's video industry in the creation of values-based stories.

Using award-winning computer animation and an innovative approach to storytelling, the multimedia company creates products that are effective (and fun!) tools for teaching today's kids timeless values — all rooted in nuggets of truth from the Bible.

Big Idea and VeggieTales give parents a fun and quirky way to entertain and educate their children: Sunday morning values, Saturday morning fun. That's the Big Idea!

Nocturnal Adoration Soc. To Meet Apr. 7th

The Nocturnal Adoration Society of Agawam and West Springfield will meet at Saint Theresa's Church in Agawam to conduct and pray the Office of the Blessed Sacrament, Friday, April 7th from 7:00-11:00 p.m.

All are invited to come and spend an hour in Eucharistic Adoration.

Guest Preacher At Ag. Congregational This Sun., March 26th

On Sunday, March 26th, Clare Overlander will be the Guest Preacher for the morning Worship Service at 10:30 a.m. at Agawam Congregational Church, 745 Main Street, Agawam.

Clare is presently a second-year student at Yale Divinity School, a member and a Deacon at the First Churches in Northampton, an advocate for human rights, and a former lawyer. She has been very involved in inner-city community life, having developed a non-profit housing organization in Newburgh, New York, wherein persons of low income renovated their future homes with sweat equity and thus earned an ownership share in their futures.

Clare followed through on this initiative, working nationally with the nearby Institute for Community Economics in Springfield when she moved here from New York a few years ago. She has also worked overseas as an advocate for human rights in places as diverse as Istanbul, Turkey, Germany, Northern Ireland, and El Salvador.

She says that through all of these diverse experiences, she has considered her work as ministry, so now, she adds with a laugh, "I may as well sign up. God wins!"

Catholic Women's Club Seeks Vendors For Rummage Sale

The Catholic Women's Club of Agawam is seeking vendors and crafters for a tag/rummage sale to be held on April 29th from 9:00 a.m.-3:00 p.m. in the parking lot of St. John the Evangelist Church, 833 Main Street, Agawam.

Size of space is 15' x 18' and the cost is only \$15. Food and drinks will be available on the premises.

For further information, call Betsy Ciempa at 786-5160.

Appraisal Fair Slated At Ag. Congregational

The Ladies Aid of the Agawam Congregational Church, 745 Main Street, Agawam, will hold an Appraisal Fair on Thursday, April 6th from 3:00-7:00 p.m.

Douglas Auctioneers of South Deerfield will be appraising all kinds of collectibles and keepsakes. Bring in your treasures. They may be worth a lot more than you think! PRICELESS, perhaps. The cost is \$5 per item or three items for \$12.

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Spotlight On Business

The Success Story Of Progressive Tool Corp., Swk.

by Joan Lussier
Advertiser News

Southwick: Have you ever driven through an Industrial Park and wondered what some of the businesses do, how did they get their start, and what they make?

Recently, we found a business called **Progressive Tool Corp.**, located at 13A Industrial Road in Southwick.

We spoke to the owners, Bob and Sandra Friss, who told us that their business actually was started by their son, Dave, in 1985 in his garage.

At that time, the business consisted of tool work, gauges, and fixtures. As it began to grow, the business moved to its current location in 1987, and started tool and die work, as well as making aerospace components.

In 1994, Dave moved to Montana, and Bob and Sandra took over their son's business. The couple have lived in Southwick for over 30 years.

So, what exactly does **Progressive Tool** manufacture and what are the parts for?

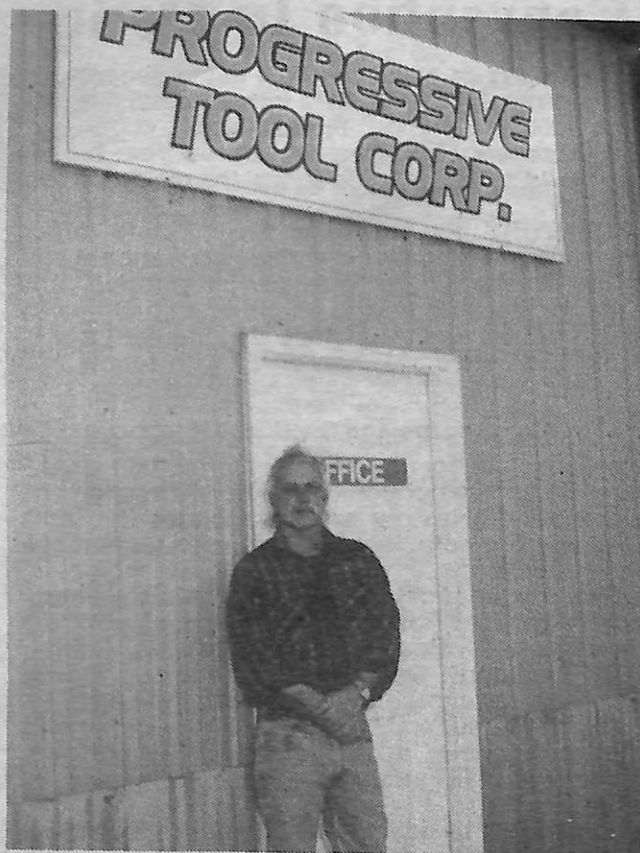
According to Bob, "We manufacture components for jet engines and the aerospace industry. These components go into the combustion parts which are located in the back of the engine. These combustion parts are heat shields, flame-holders, and after-burner parts."

He went on to explain that high temperature metals are used, such as stainless steel, nickel alloy, titanium and aluminum, and that the company makes its own tools and dies to make the products.

"About 50 percent of our work is for General Electric, Pratt & Whitney, Rolls Royce jet engines (which is located in the Netherlands), BMW jet engines, and we have a customer in Canada that does Boeing work," said Bob, adding, "We also do work for the military, such as parts for the Air Force and Navy jet engines, and all parts have to meet military standards' specifications."

Many of the parts manufactured by Progressive go to other manufacturers who are subcontractors for some very large corporations.

The company is certified for in-house welding, and in the last three years, upgrades in equipment



IN LEFT PHOTO: Progressive Tool Corp. co-owner Bob Friss, whose son, Dave, started the business in his garage back in 1985. IN RIGHT PHOTO: Art Howe of Feeding Hills showing how the computer-controlled machine works at Progressive Tool Corp., located at 13A Industrial Road in Southwick. Advertiser News photos by Joan Lussier.

have taken place, including CNC (computer controlled equipment). This equipment allows for tools and parts designing to be done on a computer.

With 12 employees who work five to six days a week, **Progressive Tool Corp.** is the success story of a local business, starting with its humble

beginning in a home garage to where it is today, creating and making precision aircraft sheet metal components, designing tools, and performing precision machining.

Anyone who has an interest in **Progressive Tool Corp.** can reach Bob Friss at (413) 569-1256, or stop by at 13A Industrial Road.

— ADVERTISER NEWS —

Happy 30th Birthday, Daddy!



Love,
Nick, Antonio & Nina

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Longmeadow: 475 Longmeadow Street 567-3321

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Spotlight On Business - continued...



Travel Talk...

by Lori Keeley, CTC
Travel Connections, LTD
10 Chestnut Street
West Spfld., MA 01089
(413) 732-1313

Disney Cruise Line Sets Sail To Exotic New Ports

The enchantment of the *Disney Magic* and the excitement of the eastern Caribbean come together in a new seven-day itinerary offered by Disney Cruise Line.

Beginning August 12th, Disney Cruise Line guests can set sail on a new cruise to exotic eastern Caribbean ports of call. The new, seven-day itinerary combines a magical Disney cruise experience with the eastern Caribbean ports of St. Maarten and St. Thomas, with excursions to St. John, as well as Castaway Cay, Disney's private Bahamian island paradise.

Only Disney could deliver a cruise vacation with so much to offer, including original Disney entertainment, Broadway-style shows, innovative venues designed for family fun, a uniquely different dining experience every evening, imaginative children's programs, separate activity areas for kids, teens, and adults, and handsomely appointed, oversized staterooms.

The *Disney Magic* will depart on its new seven-day itinerary each Saturday from Port Canaveral. The new eastern Caribbean itinerary features two days at sea followed by stops in St. Maarten, St. Thomas, with excursions to St. John, another relaxing day at sea, and a visit to Disney's private island paradise, Castaway Cay.

In addition, Disney Cruise Line will include a new port of call - Freeport - in the *Disney Wonder* four-day itinerary. Beginning in August, Freeport will take the place of a day at sea every other week.

Add the variety of new ports to discover, and Disney Cruise Line offers great cruise vacations for three and four days to the Bahamas and seven days to the eastern Caribbean, plus seven-day and sea vacations that combine a fun-filled stay at the Walt Disney World Resort with a relaxing Disney cruise.

To learn more about magical Disney Cruise Line vacation packages or to book a Disney Cruise Line vacation, call Travel Connections, LTD today.

Check our classified ads...

CENTURY 21 Newschu Attends Convention In Florida

CENTURY 21 Newschu Real Estate recently attended the CENTURY 21® International Convention 2000 in Orlando, Florida, where more than 7,000 brokers and sales associates from around the world gathered to celebrate the magic of "our century."

CENTURY 21 Newschu Real Estate office members participated in various educational sessions designed to provide informative and creative ideas on how to offer unmatched quality customer service. Attendees also learned how to build their business, networked with fellow real estate professionals, and celebrated their 1999 successes.

"We are always striving to provide the best service possible for the Greater Springfield area," said Broker/Owner John Schuler. "Attending the Convention gives our sales associates the tools they need to help home buyers and sellers make smart decisions."

While in Orlando, conventioners were welcomed by speakers Robert Moles, President and CEO of Century 21 Real Estate Corporation, Former U.S. President George Bush, and Dr. Joyce Brothers, psychologist, columnist, and celebrity. Pop-country superstar Reba McEntire performed a private concert and fitness guru Richard Simmons revved up attendees with exercise and inspiration.

In addition to education and entertainment opportunities, attendees also enjoyed networking with CENTURY 21 brokers and sales associates from around the world who attended the annual event.

Century 21 Real Estate Corporation is the franchiser of the world's largest residential real estate sales organization, providing comprehensive training, management, administrative and marketing support for the CENTURY 21® System.

The System is comprised of more than 6,300 independently owned and operated franchised broker offices in more than 28 countries and territories worldwide. Century 21 Real Estate Corporation is a subsidiary of Cendant Corporation (NYSE: CD). The CENTURY 21 System is part of the move.com family of relocation, real estate, and home-related services.

AAN!!!

Keenan & Molta Is Number One In MA For Coldwell Banker

Coldwell Banker Keenan & Molta Associates is number one in Massachusetts! The local company is the 1999 Number One Company in Sales in the state of Massachusetts for Coldwell Banker Real Estate Corporation.

"This is a very important honor for us. It means our customers are getting results with our unique brand of Gold Medal service!" says Bob Molta, President of Coldwell Banker Keenan & Molta Associates. "We can thank our agents for this victory. They do a great job."

This win is even sweeter because Keenan & Molta's Longmeadow office was number one one COLDWELL BANKER Office in Massachusetts.

Keenan & Molta Associates also received one of the highest honors a COLDWELL BANKER affiliate company can achieve - the President's Award of Honor. This puts Keenan & Molta Associates in the top 10 percent of COLDWELL BANKER affiliates in North America.

Molta and several of his associates received the awards at Coldwell Banker's International Business Conference held recently in Las Vegas, Nevada.

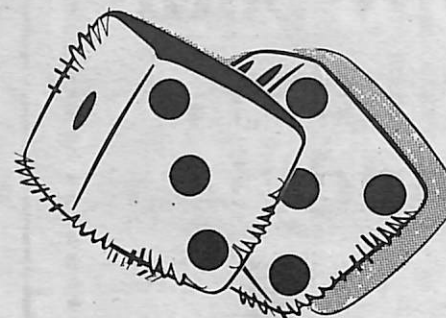
"It's great to be named number one by our peers, but it's really our customers who have brought us to this point," says Molta. The first-place awards are unique because Keenan & Molta Associates is the first Western Massachusetts COLDWELL BANKER affiliate to be named best in the state.

Coldwell Banker Keenan & Molta Associates is the largest locally owned real estate company in Western Massachusetts, the second largest real estate company in the greater Springfield area.

The firm is the principal broker for Cendant Mobility, the largest relocation company in the world. Five offices and approximately 75 sales associates provide comprehensive home-selling, home-buying, mortgage, and relocation services to the greater Springfield area.

Mohegan Sun Bus Trip

A Fundraiser For
Agawam UNICO



Thursday, March 30th

Bus Leaves Italian Sporting Club On Cooper Street At 5:00 P.M. & Returns At 1:00 A.M.

\$25 Per Person (Seating Is Limited)

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Julianne Rapalus Gallerani, OD

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Spotlight On Business - continued...

Local Businesses Contribute To The Jimmy Fund

10th Annual Great Chefs
Event Was A Grand Success

Five restaurants from Agawam and one from Feeding Hills helped to make the 10th annual Great Chefs event to benefit The Jimmy Fund the most successful to date. More than 1,100 people attended the gala evening, and more than \$50,000 was raised for The Jimmy Fund — a 60-percent increase over last year's total.

Held on January 28th at the Eastern States Exposition Stroh Building, this year's Great Chefs' "Tropical Cruise" featured cuisine from Alvin's Sandwich Shop, Chez Josef, Christo's, Giovanni's Italian Pastry & Coffee Shop, and Olive Oil's restaurants from Agawam, and from Partners Restaurant in Feeding Hills. They joined 35 other premier restaurants in Western Massachusetts in presenting gourmet samplings of their specialties to benefit cancer research and care at Dana-Farber Cancer Institute.

Presented by Snapple Beverages, the event was co-chaired by Mike Katz of Longmeadow and Rich Gloster of Agawam. Other sponsors of the event included: WWLP-TV22, Bacon & Wilson PC, Attorneys at Law; Eastern States Exposition; Green Mountain Coffee Roasters; Kittredge Equipment Co.; the Ron Sadowsky family; and Williams Distributing Corp./Budweiser.

"A dedicated committee of 20 spent months coordinating the event, and more than 100 volunteers gathered over the last couple of days to make it all come together," said Anne Marie Rizzo, director of the Western Massachusetts office of The Jimmy Fund. "But, it's the generosity of the restaurants that makes this whole event possible."

All proceeds from Great Chefs benefit The Jimmy Fund, which supports the efforts to find a cure for cancer at Dana-Farber Cancer Institute, a world-renowned pioneer in discovering and developing innovative, effective cancer therapies for adults and children.

The Jimmy Funds supporters enable Dana-Farber's physicians and researchers to do the work necessary to raise the chances of survival for cancer patients around the world. Their efforts have helped to fund one of the greatest medical success stories of the past 50 years — the improvement in cure rates for childhood cancers, from less than 10 percent to as high as 90 percent for some forms of the disease.

For more information about The Jimmy Fund, visit the charity's Web site at www.jimmyfund.org. To find out how to volunteer or help, call The Jimmy Fund's Western Massachusetts Office at (413) 567-0651 or (888) 546-6938.

Pam Savioli

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What Is Earnest Money?

In legal terms, it is the money pledged to show ability and intent to perform a contract. In a real estate transaction, it represents the buyer's sincerity and eagerness to purchase the home.

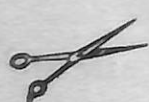
When the buyer makes a written offer, generally the seller requires a monetary deposit. The deposit is kept in an escrow account of the real estate company that is handling the listing — it's not turned over to the seller. It is totally refundable if the offer is not accepted or if some condition of the contract is not satisfied by the dates in the contract.

If everything proceeds smoothly, the deposit applies in full toward the purchase price at closing.

PAM SAVIOLI is a full-time Realtor with the professionalism, knowledge, and experience to help you buy or sell a home. Call her at (413) 748-7565.

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Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883

Help Keep Your Retirement Plans On Track With An IRA Rollover...

Leaving your job often means making important decisions about your future. Whether you're heading into retirement, starting a business, or leaving a company for a new position, one of those decisions may be choosing what to do with your employer-sponsored retirement plan. Chances are, it will be one of the largest sums of money you'll ever receive — and what you do or

don't do with it could significantly impact your financial security in the future.

While rolling your dollars directly into a traditional IRA isn't the only option for your lump-sum distribution, many find it an attractive alternative for the following reasons:

Avoid 20 percent withholding and current income taxes on a distribution. In a direct rollover, your former employer sends a check directly to the financial institution you choose to receive the rollover. This can avoid a potentially unpleasant surprise — the requirement that your employer withhold 20 percent of your retirement money for income tax purposes if you have the check payable to you.

Worse yet, you'll have to make up the withheld amount if you want to reinvest the entire amount in another qualified plan (you'll have 60 days to do so). Any portion of your plan not reinvested in another qualified plan is considered a distribution on which you'll owe current income taxes and possibly a 10-percent early withdrawal penalty (if

SEE ALVANOS - Page 20...

Who's Really Number 1 In Agawam?

Market Share Report — Agawam

OFFICE	Listed & Sold UNITS \$VOL	Lstd/not sld UNITS \$VOL	Sld/not lstd UNITS \$VOL	TOTAL UNITS \$VOL	Sides %/\$VOL
AYRE REAL ESTATE	18 3,979,241	31 3,216,200	14 1,582,150	63 8,777,591	81 10.7
LANDRY LYONS	9 2,237,600	22 2,606,800	24 2,870,603	55 7,715,003	64 9.4
COLDWELL BANKER	9 2,000,800	22 2,521,050	16 1,989,200	47 6,511,050	56 8.0
LANDRY LYONS	7 1,935,986	13 3,799,889	3 328,500	38 6,064,375	45 7.4
LANDMARK REALTORS	12 3,422,306	13 1,814,000	6 793,000	31 6,029,306	43 7.4
GRIMALDI & BURZDAK	8 2,358,400	12 1,362,100	6 681,400	26 4,401,900	34 5.4
LANDRY LYONS	1 218,000	14 1,817,848	17 2,212,074	32 4,247,922	33 5.2
THE PIONEER GROUP	0 0	0 0	23 2,742,650	23 2,742,650	23 3.4
DEWOLFE NEW ENGLAND	4 941,800	6 563,800	11 1,227,485	21 2,733,085	25 3.3
RE/MAX TEAMWORK	1 312,000	7 1,105,500	5 631,000	13 2,048,500	14 2.5
LANDRY LYONS	1 250,000	7 846,400	7 926,725	15 2,023,125	16 2.5
CENTURY 21 A-1	3 853,000	4 619,200	6 479,300	13 1,951,500	16 2.4
CENTURY 21 NEWSCHU	1 164,000	7 745,000	8 897,425	16 1,806,425	17 2.2
COLDWELL BANKER	3 783,800	4 459,700	3 414,000	10 1,657,500	13 2.0
COLDWELL BANKER	1 229,000	6 610,500	2 485,000	9 1,324,500	10 1.6
LANDRY LYONS	0 0	5 631,925	4 532,300	9 1,164,225	9 1.4
LANDRY LYONS	1 375,000	4 456,900	2 279,500	7 1,111,400	8 1.4
LANDRY LYONS	2 283,800	5 477,400	2 330,000	9 1,091,200	11 1.3
LANDRY LYONS	1 132,400	3 430,000	4 350,500	8 912,900	9 1.1
COLDWELL BANKER	1 93,600	1 97,500	4 698,500	6 889,600	7 1.1
SEARS REAL ESTATE	2 381,800	1 110,000	3 389,000	6 880,800	6 1.1
CENTURY 21 FIORE	1 180,000	2 311,000	2 290,500	5 781,500	5 1.0
BOURQUE REAL ESTATE	1 223,800	2 154,600	4 393,400	7 771,800	7 0.9
FAZIO REALTY	2 760,000	0 0	0 0	2 760,000	2 0.9
ERA CLASSICS	1 260,000	1 128,500	4 339,900	6 728,400	7 0.9

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Information supplied by the Multiple Listing Service Property
Information Network for the year 1999 properties sold in Agawam.

Spotlight On Business - continued...



COMMON SENSE

with

Raymond Rose

The PIONEER Group
(731-6800)

What Makes Us Happy???

In my opinion, many of the most popular ideas about what makes people happy are **wrong**. I believe that **external circumstances** have very little effect on one's psychological well-being ... and that there are four inner traits that foster happiness.

SELF-ESTEEM

Happy people like themselves ... People who agree with such statements as *I'm a lot of fun to be with* and *I have good ideas* seem to suffer less from sickness ... seem to be more resistant to outside pressures ... and are more persistent at difficult tasks.

Unhappy people blame the outside world for their depression ... they have not learned that they can control their own lives.

PERSONAL CONTROL

My belief is "what happens to me is my own doing" ... If you agree with my statement, typically you will cope much better with all levels of stress ... and you will live much happier than those who lack that sense of personal control.

Effective time management is one important way to gain a sense of control ... People who cannot plan their time and fill it purposely are left feeling empty ... those who are happy tend to be punctual and efficient. **USE YOUR TO DO LIST ... AND SET YOUR PRIORITIES!**

Reach your goals more easily ... by breaking down big tasks into manageable daily objectives. As each mini-deadline is met, you will sense the feeling of achievement and personal control.

OPTIMISM

Optimistic people are not only happier, they are healthier ... they suffer less from illness ... and recover better/easier when they are sick.

Those who think in positive terms get positive results ... You must keep that positive mental attitude to achieve maximum results.

Though don't be unrealistic ... If your accomplishments don't reach your unrealistic goals, you will be shattered by disappointment. You must have a clear understanding about the things that you can control in life ... and those things that you can't control.

SOCIALIZING

People with outgoing personalities ... tend to be happier and more satisfied than introverts.

Extroverts are cheerful ... and high-spirited people who like themselves. They are confident that others will like them. Their friendliness makes it easier for them to find friends, jobs, etc.

CAN YOU MAKE YOURSELF HAPPIER?

We all have the power to improve our future happiness by the way that we act now ... Our actions leave a residue within us, so by acting in the way that happy people act, it is possible to make ourselves into happier people.

If you begin acting ... in a way that shows a level of self-esteem, personal control, optimism, and socialability, you will end up developing those traits. Believe me, it becomes a self-fulfilling prophecy!

The easiest way to become a happy person ... is simply to act like one!

— ADVERTISER NEWS —

Legal Memo

by

Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454Legal Memo
Your Automobile Insurance

Automobile Insurance is sometimes complex and confusing. There are four (4) parts to Compulsory Insurance (that is insurance that you must have) and eight (8) parts to Optional Insurance (that is insurance you may choose to purchase).

This article examines one aspect of the various different types of coverage.

BODILY INJURY CAUSED BY
AN UNDERINSURED AUTO

This coverage is optional coverage. That is, you don't have to purchase it. But should you?

Sometimes an owner or operator of an auto legally responsible for an accident is underinsured. Under this, your Auto Insurance will pay damages for bodily injury to people injured or killed as a result of certain accidents caused by someone who does not have enough insurance.

Such injured person has a claim under this coverage when the limits for automobile bodily injury liability insurance covering the owners and operators of the legally responsible autos are:

1. Less than the limits shown for this Park on your Coverage Selections Page; and
2. Not sufficient to pay for the damages sustained by the injured person.

Generally, this Insurance will pay for damages to or for:

1. You, while occupying your auto, while occupying an auto you do not own, or if injured as a pedestrian.
2. Any household member, while occupying your auto, while occupying an auto not owned by you, or if injured as a pedestrian.
3. Anyone else while occupying your auto.
4. If you are injured while occupying your auto and you have two or more autos insured with us with different limits, this insurance will only pay up to the limits shown on your Coverage Selections Page for the auto you are occupying when injured.

If you are injured as a pedestrian or while occupying an auto you do not own and have two or more Massachusetts auto policies while provide coverage at different limits, the policy with the higher limits will pay.

Thus, generally speaking, this Coverage may allow an injured person to collect damages from the underinsured Insurance Company above the limits provided by the Insurance Company of the person responsible for the injuries and damages, who did not carry enough insurance to pay for those injuries and damages.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

* * *

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* * *

ALVANOS - from Page 19...

you are under age 59½).

Tax deferral of any growth in your retirement savings. A direct rollover to a traditional IRA will not interrupt your retirement investment's tax-deferral advantage. This benefit of delaying taxes can make a substantial difference in the amount you'll have at retirement. What's more, if you are in a lower tax bracket when you withdraw the funds, you'll owe less income taxes, making tax-deferral even more valuable.

Choose from a broad range of investments. Within your IRA, you can choose from a wide selection of investments offered by the institution managing your plan. You may want to diversify your IRA assets by investing in a variety of individual stocks, bonds, and mutual funds.

Roth Conversion. By rolling your retirement plan into a traditional IRA, you may be eligible to later convert it to a Roth IRA. Conversion to a Roth IRA requires that you pay taxes on the amount converted, but any earnings henceforth are tax-free if you meet certain requirements.

Keep in mind that you may be eligible for tax-free withdrawals after you hold your Roth IRA for five years for first-home purchases or in case of death or disability. Your original Roth IRA investment (principal) is always available without penalty.

Other Choices. In addition to the benefits of rolling your retirement funds into an IRA, there are several other choices for handling your company plan dollars upon your departure. Be sure to thoroughly research their advantages and disadvantages before making a decision. Among them are:

Leaving your savings in your former employer's plan. If you are satisfied with your investment options and other aspects of your plan, this is a hassle-free way to keep your retirement money growing tax-deferred. However, you are still subject to the provisions that govern the plan on how you can access the dollars, and you can no longer take a loan (in the case of a 401(k) plan) or receive the company match — if originally offered.

Moving assets to your new employer's plan. When making a move to a company that offers a qualified plan, you can consider rolling your old plan directly into your new employer's plan. As with your old plan, however, your investment options are limited to those in the plan, and its provisions govern how you can access your money.

Taking a cash distribution from the plan. Unless you need the assets from your plan or qualify for special tax advantages, this option generally has the most drawbacks. Taxable distributions are subject to federal taxes and a possible 10-percent IRS penalty. You will also lose the potential for tax-deferred growth and compounding. In short, by accessing your retirement savings now, you could jeopardize your financial security in later years.

As with any important financial decision, getting good advice about your retirement plan distribution is key. A knowledgeable financial advisor can help you weigh the consequences of the decisions you make so you can sit back and enjoy the rewards of your new beginning.

"Spotlight On Business" is a regular feature of The Agawam Advertiser News.



Cecilia P. Calabrese

Attorney at Law



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The Desire Of Living...

What are YOUR desires? For yourself and other important people in your life? Please take a moment now and see what comes to mind. Maybe jotting your thoughts down on paper would be helpful.

Children express their desires in many ways, like: I **want** ... to stay home from school today ... to play soccer instead of baseball ... to have my friend sleep over, etc., and I **don't want** ... to be made fun of ... to eat that ... to rollerskate with my helmet on ... come home by 10 o'clock ... to wear that or go with you!

Adults, like children, express their desires (in large part) non-verbally. Desire is deeply visible through the eyes, a facial expression, and movement of body parts. Often these expressions are conveyed before we are even aware of it, and sometimes despite not wanting them conveyed.

Perhaps an even more fundamental question, for some of you, is: can I have desires, especially desires to care for myself? If this is your question, then perhaps some things in your life and relationship(s) are out of balance.

Do you come to know your desires primarily on another person's terms and not yours? It can be very stressful *knowing your desires* while being unable to live into making them realized. If, for example, you desire to get out of an abusive relationship and/or marriage, the options for doing so may be limited, but continuing to remain in it may

be more limiting.

We are all born with desire. Desire to live, to grow, to give and take, to share affection, just to name a few. Yet, for many of us, those desires were not nurtured and perhaps forbidden. If so, is it too late to grow into a life where our desires can be lived into?

Last week, we talked about *how good can you have it?* It, in today's discussion, refers to your desires, even your sexual desires. People experience, for example, sexual desire on a continuum from *low desire to high desire*. Depending on where you place yourself, certain relationship dynamics seem to follow.

Typically, the *high desire* person seems to pursue while the *low desire* tends to fend off. Both are involved in an integral dance that can often limit full living into one's sexual potential.

What could life be like if your sexual potential was lived into on a regular basis? Not just out there as something I'll probably never achieve? This can be especially true if consideration for care of "self" is highly dependent on another person.

What if caring for your own sexuality were more a product of how **you care for you** and not dependent on another person providing you your sexual identity?

The ideal healthy sexual identity would be an inter-dependence of self giving and taking. Is this what you desire? Or is sexuality simply about pleasuring yourself and/or your partner with eyes tightly closed, not inviting the intimacy of meeting yourself with another?

The complexity of living into your desires.

Please contact me with what you've come up with. As always, if I reprint any or all of your material, I will *not* publish your name **unless** you specifically give me permission to do so. I can be reached by e-mail (AOL screen name: dpmft449) or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.

A Six-Week Series...

Free Workshop For Parents Scheduled At Brightside For Families And Children

Being a parent is a tough job ... and children don't come with owners' manuals. But a free workshop offering by Brightside for Families and Children can help parents better manage the challenges they face.

The six-week series begins March 27th, 9:30-11:30 a.m., at Brightside, 2112 Riverdale St.; subsequent sessions will take place April 3rd, 10th, and 24th, and May 1st and 8th.

Group leader Antoinette Demaio, L.M.F.T., will

focus on parenting techniques for children ages two through 10. Topics will include child development, parental expectations, anger management, self-esteem, temperament, discipline, and sibling rivalry. Demaio is a licensed marriage and family therapist and mental health counselor with more than 15 years experience working with children and families.

Advance registration is required. To register or for more information, call 827-4269.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

Living into your desires.

Read more about this in today's **FOR YOUR HEALTH** column.

You are worth it!
from

Dan Pender

Marriage & Family Therapist

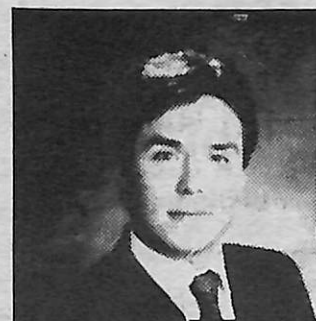
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Your Back And Your Health

by Dr. Joseph
S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

"Golden Rules" Of Gardening...

Well, spring is finally here. Many Agawam and Feeding Hills residents have begun the arduous task of cleaning up their yards after the winter season.

There's nothing more flattering to a home than a well-kept yard, well-trimmed shrubs, and well-tended flower beds. Likewise, a bountiful vegetable garden is most flattering to its owner and a good pastime ... sometimes. Unfortunately, all too often it is painful for its participants.

Gardening and landscaping are great, if you recognize that they are activities that produce certain body stresses; if you recognize your own physical limitations; and if you do them with good sense as well as enthusiasm.

Most people hibernate all winter. Then, at the first sign of spring, try to make their lawns or gardens the most attractive on the block — all in one day. They dig, dig, dig ... lift, lift, lift ... bend, bend, bend. The result is ouch, ouch, OUCH! Their backs hurt, their muscles ache, and they wonder why.

Doctors of Chiropractic, whose health-care services emphasize the structural integrity of the body, offer the following "golden rules" of gardening:

1. Warm up your muscles to the task you're about to start.
2. Don't bend over for long periods of time without taking standing breaks.
3. Don't lift more than you can handle.
4. Wear clothing that does not restrict or confine your movements.
5. Wear flat, comfortable shoes that offer firm support.
6. Use the proper tool for each job.
7. Avoid becoming overheated or chilled.
8. Avoid iced drinks when overheated.
9. Avoid doing your work in an awkward position.
10. If you injure yourself or have aches and pains that don't subside in a few days, see a health specialist.
11. As a preventive measure against disorders resulting from a strained or sprained spinal column, have periodic chiropractic spinal examinations. Call us at 789-1369 or 789-1073.

Don't let those beautiful chrysanthemums give you an ugly pain in the back!

Best local news with us...

Happy 16th Birthday, Amanda!

You'll Always Be
Our Shining Star...



We Love You!
Mom, Dad, Jessica & Matt

For Your Health - continued...

Support Groups, Courses, & Programs At Noble Hospital

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

Diabetes: Tuesday, March 28th, 12:30 to 3:00 p.m. In Conference Room A at Noble Hospital.

Free of charge and open to individuals who have diabetes and their support persons.

At this meeting, Tricia Porter (Cardiac Rehab Nurse) and Sara Lyons (Exercise Physiologist) will speak on "Diabetes and Heart Disease and Risk Factor Modification."

For more information, call Karen Ranen, M.S., R.N., C.D.E., at 568-2811, ext. 5178.

Caregivers' Support Group: Wednesday, March 29th, 4:00 to 5:00 p.m. In the Bronson Music Room at Noble Hospital.

On the second and last Wednesdays of each month, Noble Visiting Nurse and Hospice Services offers this group for those who are caring for someone with a life-threatening illness. Hospice families, staff, and community members are invited to participate.

Call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services for more information at (413) 562-7049.

Stroke Support: Wednesday, April 12th, 2:00 p.m. In the Bronson Rehabilitation Dining Room at Noble Hospital.

Beginning in April, the Stroke Support Group at Noble Hospital will meet once a month on the second Wednesday of the month. This group is for people who have had a stroke, their family members, and their support persons.

There is no charge to attend. For more information, please call Barbara Boulanger, M.S.W., L.I.C.S.W., at (413) 568-2811, ext. 5809.

Tai Chi: Tuesdays, March 28th, April 4th, 11th, 18th, 25th, May 2nd, 9th, 23rd, and 30th (there is no class on May 16th). Beginner level classes, 5:00 p.m.; advanced level classes, 6:15 p.m.; and intermediate level classes, 7:30 p.m. In Conference Room A at Noble Hospital.

These three levels of Tai Chi classes will be taught by Master Instructor Baiqing Li. The cost of these nine classes is \$81; class size is limited to the first 15 registrants.

For a registration form, call Noble Hospital's Health Beat at (413) 568-2328.

Lecture On Menopause And Maintaining Good Health: Wednesday, April 5th, 6:00 p.m. In Conference Room A at Noble Hospital.

This lecture will be presented by Richard E. Good, M.D., a board certified obstetrician-gynecologist. Free and open to the public; however, seating is limited and pre-registration is encouraged.

To pre-register, call Noble Hospital's Health Beat at (413) 568-2328.



Fitness Tips...

by
Carmela Kirk, R.N.
Fitness Director
Fitness First

CMN Weekend — Phenomenal!!!

So many of us are truly impressed! A couple of weeks ago, I wrote to you about our 12th Annual Children's Miracle Network weekend here at Fitness First Health and Fitness Center (March 10th, 11th, and 12th). I told you about my friends, Diana and John, and the ordeal that they had to endure last summer when their baby boy (named Jack King) was born three months premature.

Baby Jack survived and is doing very well. The King family, along with their boys — Ryan, Patrick, and the miraculous little Jack — was the feature family for this year's CMN telethon and brochure. Diana, along with all of us at Fitness First, wanted to raise \$25,000 for Baystate Medical Center's Children's Hospital. I also wrote that if we could reach that goal, that it would be absolutely awesome.

Well, guess what? We have raised more than \$36,000 so far and still counting! We had no idea how incredible this weekend would be! If you had been here, you would know what I'm talking about. The energy level in this club skyrocketed and we were able to over-achieve! The action all

On April 4th & 19th...

New Mothers' Support Group To Meet At Mercy Hospital

New mothers are invited to share their questions and concerns at a New Mothers' Support Group, sponsored by the Family Life Center for Maternity at Mercy Hospital.

The next sessions take place April 4th and 19th, 10:30-11:30 a.m., in the Family Life Center lounge, 271 Carew St. The April 19th meeting will include a presentation on lead poisoning prevention.

Meetings offer mothers with babies up to one year-old the opportunity to talk with professionals from the Family Life Center's Parenting Education Department and share experiences and information with other new mothers. General topics include newborn care, infant feeding, postpartum concerns, returning to work, and parenting issues. Babies and partners are welcome to attend.

For more information and to register, call the Family Life Center's Parenting Education Department, (413) 748-7295.

around us was purely focused on one thing: let's do the most we possibly can, and then maybe a little bit more!

It was awesome, we were awesome, you were awesome. Everyone from the children to the seniors ... to people doing aerobics for four hours ... or spinning for four hours ... to the volunteers who helped ... to those who pledged ... to our sponsors ... and to those who bought raffle tickets, balloons, and auction prizes — I could just go on and on.

Here's the breakdown: our Annual Aerobathon raised more than \$20,000, thanks to (in a big way) one of our members — the Ken Berkowitz family. Our Spinning Marathon raised \$6,000. Our Young at Heart senior pool members raised \$3,000 through pledges and a bake sale. The children's Spinning and BodyPump classes raised \$1,000. The racquetball tournament raised \$2,500. The raffle raised \$1,000. The silent auction ended up with about \$4,000.

It amazes me what can be done when people gather together and focus their energy to achieve a goal! For a really good cause and with really good people, we can even exceed our goals.

We all know Jack is home from the hospital and continues to do well. He was lucky, but he was also very well-cared-for while in the hospital and at home.

He still needs a lot of attention, and they are watching him all of the time. We are all still praying for him and wishing him well. We do know that with his parents and very cool older brothers on his side, Jack can't help but achieve himself. More on Jack's progress later this year.

For everyone who participated in *any way at all*, on behalf of the King family and all of us at Fitness First, we offer a very big **THANK YOU!!!**

At Mercy Hospital...

Support Group For Children Of Cancer Patients

Learning that your parent has cancer is difficult for children of all ages. But discovering you're not alone and sharing your feelings and concerns with others in the same situation can help.

Children of area cancer patients have that opportunity, through a support group which meets monthly at Mercy Hospital. The group's next meeting will take place Monday, April 3rd, 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

Meetings are led by skilled facilitators from Mercy Hospital's Pastoral Care Department and are free of charge. Persons of all ages are welcome.

For more information, call the Pastoral Care Department, (413) 748-9453.

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Tuesdays: March 28, 2000

April 4, 11, 18, 25, 2000

May 2, 9, 23, 30, 2000

No class May 16, 2000

Conference Room A Noble Hospital

Advanced registration and payment required.

Class size is limited to the first 15 registrants the cost is \$81.00.

To register, fill out the registration form below, make check payable to Noble Hospital, Marketing Dept. 115 West Silver St., Westfield, MA 01086. For additional information, call Noble Hospital's Health Beat at **413-568-2328**.

Tai Chi Registration Form
Classes begin Tuesday, March 28, 2000

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Address _____

Class Level _____

Enclose check in the amount of \$81.00 payable to Noble Hospital



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A Huge & Sincere Note of Gratitude...



Thank you to all the individuals, staff, and companies for all your time, energy, and money in helping us reach our goal of \$25,000 for the Children's Miracle Network.

Not only did we reach our goal this year but we exceeded it by 11,000 bringing

total this year to over **\$36,000** and growing!

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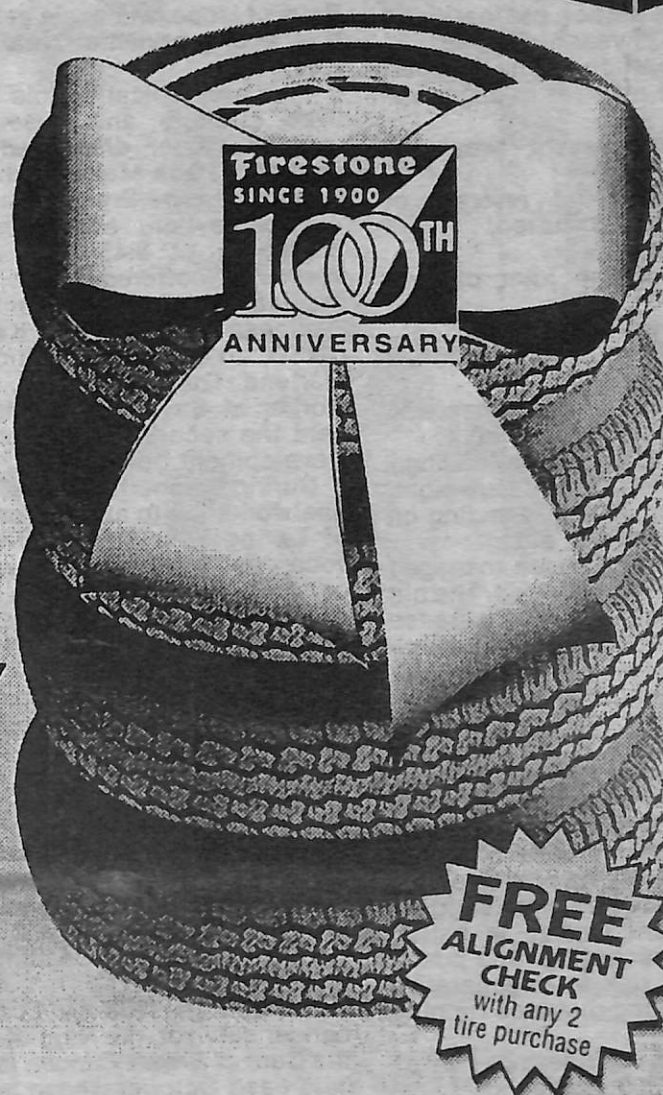
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Discussing Osteoarthritis...

This past weekend, I attended a seminar on chronic pain. One aspect of the course was on degenerative joint disease or osteoarthritis.

Osteoarthritis is the most common disease of mankind, affecting up to 85 percent of the elderly. This is a common cause of disability and can be evident as early as puberty. In fact, osteoarthritis is evident in 30 percent of 35 year-old knees.

Don't accept that degeneration is a natural part of the aging process. Some realities of degeneration include:

- Joint lubrication should prevent "wear and tear."
- Spontaneous remission and reversal of degenerative joint disease has occurred.
- Cartilage can heal itself.

Some factors in degenerative joint disease reversibility include:

- 1) Avoid prolonged inactivity.
- 2) Rest joint one hour out of every four to six hours.
- 3) Optimize strength, flexibility, endurance, and proprioception (nerve function of the joint).
- 4) Use the joint! (But avoid excessive loading.)
- 5) Reduce biomechanical stresses (overweight, poor posture, poor quality mattress, standing on cement all day, poor shoes, stress, etc.).

Degenerative joint disease has been managed by medical therapies with corticosteroids. The big disadvantage is that corticosteroids can increase local bone loss. Some NSAIDs (non-steroidal anti-inflammatory drugs; Advil, aspirin, etc.) help with pain relief, but impair cartilage to maintain its own health.

Weight loss of 11 pounds over 10 years decreased osteoarthritis risk by over 50 percent. Studies of subjects with knee osteoarthritis improved functional status without an increase of symptoms through a program of walking exercise.

There have been some studies that suggest vigorous and prolonged participation in ballet, soccer, football, boxing, parachuting, and possible other sports, increases risk to degenerative joint disease. Walking and long-distance running have little or no risk.

Nutrition for osteoarthritis includes:

- Glucosamine sulfate, 1,500 mg/day.
- Chondroitin sulfates, 1,200 mg/day.
- Trace minerals — manganese, zinc, and copper.
- Vitamins C, D, E, B12, niacinamide, and folic acid.

A good multivitamin may cover most of the vitamins and minerals.

Osteoarthritis or degenerative arthritis can be treated effectively with proper care and good health, including exercise, nutrition, and common sense! If you have any questions about degenerative joint disease or osteoarthritis, call our office today.

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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On Saturday, April 8th...

Dr. Steve Sobel To Speak At Breast Cancer Survivors' Day

Nationally-recognized motivational speaker Dr. Steve Sobel will deliver the luncheon address at Baystate Medical Center's Third Annual Breast Cancer Survivors' Day - A Celebration of Life, Saturday, April 8th, at the Springfield Sheraton.

Sobel, author of the best seller, "The Good Times Handbook - Your Guide to Positive Living and Exciting Life," will bring his wit and wisdom to survivors during a presentation called "Laughing, Loving, and Living."

The event, sponsored by Baystate Medical Center's Comprehensive Breast Center and the Rays of Hope, will begin at 8:00 a.m. with registration and continental breakfast and run through 2:00 p.m.

"We are dedicating this day to celebrating the lives, strength, and perseverance of all women who have been diagnosed with breast cancer," said Dr. Grace Makari-Judson, medical director, Comprehensive Breast Cancer.

Two keynote addresses will be presented beginning at 8:45 a.m. with "The Power of Wellness," offered by Dr. Reed Shneider FACC, medical director, Preventive Cardiology and Wellness at Baystate; Karen Kulakowski RD, CNSD, an oncology nutritionist at Baystate; and Marlene Quinlan LICSW, an oncology social worker at Baystate. Dr. Makari-Judson will present the second keynote entitled "Research and Development Update."

During the morning session, women can select one workshop to attend from "The Healing Power of Telling Your Story," "Take Action: Be an Advocate," "Spiritually Cultivating Hope and Joy," or "A Holistic Approach to Healing."

There will also be one workshop presented in Spanish only called "Nutrition and Breast Cancer."


Lunch, served at 12:15 p.m., includes choice of baked scrod, chicken medallions, or tri-colored cheese ravioli.

The fee to attend Breast Cancer Survivors' Day is \$15. Proceeds will be donated to the Rays of Hope for use in a variety of community outreach projects.

For more information, or to obtain a registration form, call The Professionals at 794-2255 or outside the Springfield calling area at 1-800-377-HEALTH. Deadline for registration is April 1st.

Created in 1993 by Lucy Giuggio, a breast cancer survivor, the Rays of Hope: A Walk Toward the Cure of Breast Cancer, is an annual fundraiser held each October whose funds benefit Baystate Medical Center's Comprehensive Breast Center. Funds raised from the walk each year help support outreach activities to increase community awareness of breast cancer, provide information to breast cancer patients, and serve as a support system for all women who are battling the disease.

Baystate Medical Center's Comprehensive Breast Center is a unique interdisciplinary program incorporating Baystate Medical Center staff physicians and community physicians. Under the medical direction of Grace Makari-Judson, M.D., the program includes routine mammography services, as well as diagnostic mammography and core biopsy, diagnostic evaluation, multidisciplinary consultation, high risk screening, education and outreach services, and support services.



**Food
for
Thought**
by Nancy Dell
Registered Dietician

Nutrition And You: Trends 2000...

Pounds of diet and nutrition information hit the news every day, and Americans are starving to hear everything — from the latest fad diets to foods that can help fight cancer.

But are we doing all we can to maximize our nutrition and health? The American Dietetic Association's new public opinion survey, *Nutrition and You: Trends 2000*, has some answers.

According to the survey, 28 percent of the responders fall into the "I'm Already Doing It" category: people who say they have made significant adjustments in their eating behavior to achieve a healthy, nutritious diet.

Forty percent fall into the "I Know I Should, But..." category in which they know they should eat a healthy diet, but for one reason or another haven't done so.

And 32 percent fall into the "Don't Bother Me" category: people who may or may not feel informed about healthful eating, but for whom it is not a concern.

The main reasons people give for not doing more to achieve a healthy diet: they don't want to give up the foods they like; they are satisfied with the way they eat; and it takes too much time to keep track of their diet.

But where are Americans getting their food and nutrition information?

The top sources are: television — 48 percent; magazines — 47 percent; newspapers — 18 percent; reference books — 12 percent; doctors — 11 percent; Internet — six percent; and radio — five percent.

When it comes to identifying valuable sources of food and nutrition information, Americans say they look primarily to doctors (92 percent), registered dietitians (90 percent), and nutritionists (90 percent).

Other leading sources of valuable nutrition information include: magazines — 87 percent; nurses — 85 percent; newspapers — 82 percent; television news — 79 percent; family and friends — 69 percent; radio news — 65 percent; "non-news" TV — 61 percent; and the Internet — 61 percent.

An overwhelming majority of Americans are aware of the work and expertise of registered dietitians and believe nutrition messages on packaged foods are more credible if they come from the American Dietetic Association. The survey found that 90 percent of Americans say they have heard of registered dietitians, and the majority know that dietitians must meet academic requirements to obtain their credentials.

(Next time: "Some Bacteria Is Healthy For You.")

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA 01030; (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

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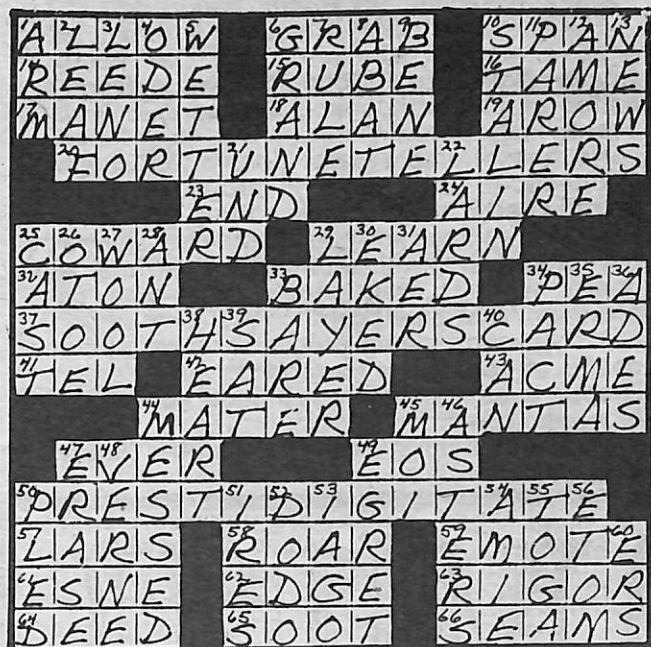
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Arts

Last Week's Solution...



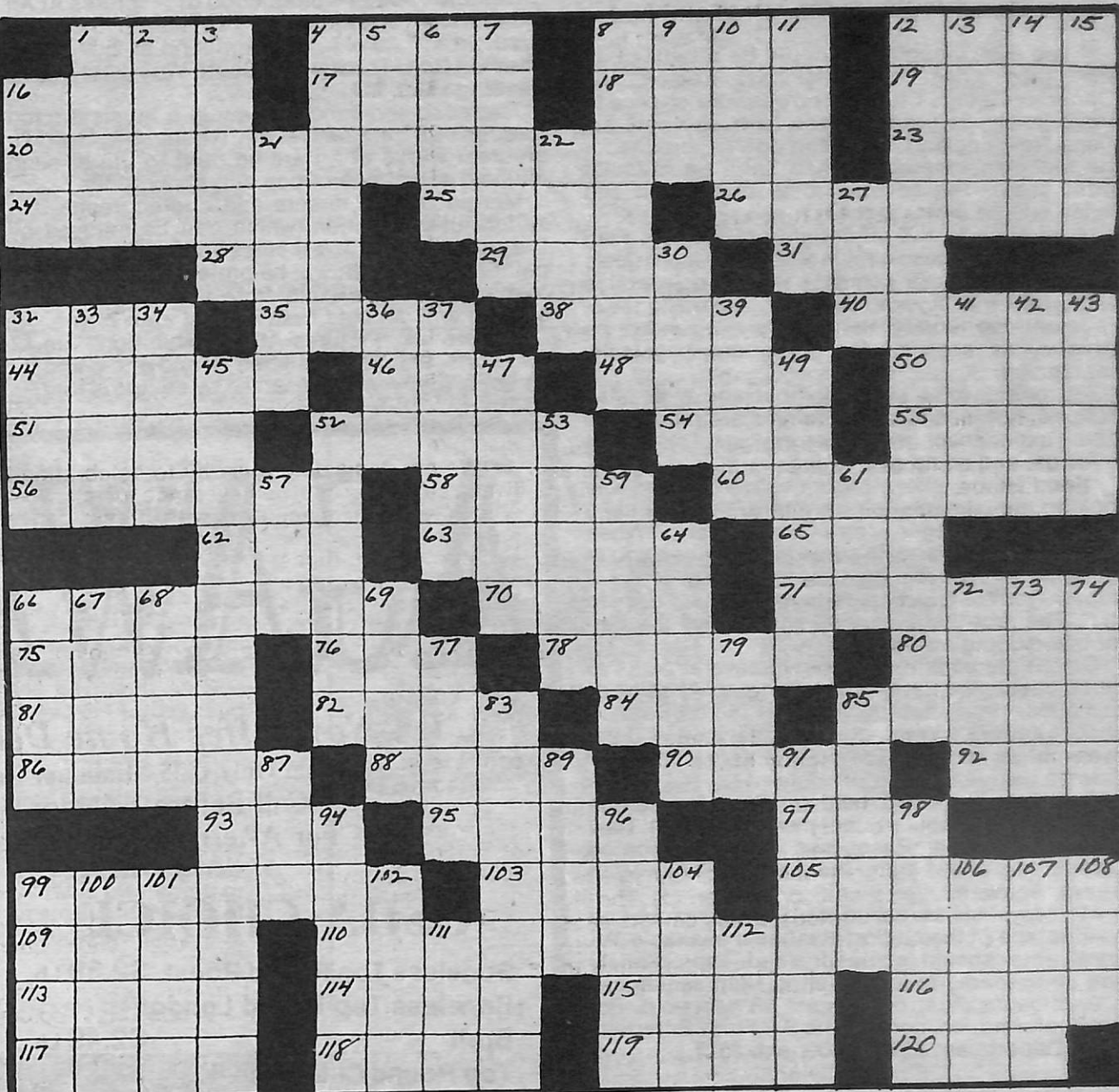
ACROSS

- 1 Cameo or onyx
- 4 Actor Max
- 8 Hebrew lyre
- 12 Assist
- 16 Lakme's bell song
- 17 Year to Ovid
- 18 Fictional tec Wolf
- 19 Dairy case item
- 20 Historical debates of 1858
- 23 "Good Earth" heroine
- 24 Camper's cooking fuel
- 25 Actor Kruger
- 26 Produces fermentation
- 28 Above to a poet
- 29 Poetry's Teasdale
- 31 Canonized femme
- 32 Sleep unit
- 35 Coral construction
- 38 Sentries' command
- 40 Sea eagles
- 44 Presidential name from Quincy
- 46 Compete
- 48 Pack away
- 50 Chief of Roman gods
- 51 Famous Caravel
- 52 What sneezes spread
- 54 WWII pricing org.
- 55 Shoshoneans
- 56 Sore to the touch
- 58 Gadgets for Tiger
- 60 Repentant ones
- 62 Worldwide labor org.
- 63 Hair coloring
- 65 Give a — up to (assist)
- 66 Splitting apart
- 70 Marsupials for short
- 71 The follow morays
- 75 Letterhead often
- 76 Swab
- 78 Used a lasso
- 80 Director Kazan
- 81 Envelope notation
- 82 Fifth tones
- 84 Deep hole
- 85 Indian state
- 86 Full of talk (colloq.)
- 88 Alaskan city
- 90 Before the storm?
- 92 Pub serving
- 93 Erat is its center
- 95 Waste allowance
- 97 Dine
- 99 Turned down
- 103 Evening in Genoa
- 105 Western ropes
- 109 Stew pot
- 110 Sousa march (with "The")
- 113 General Bradley
- 114 English composer
- 115 Pew or bench
- 116 Songstress James
- 117 Feel sorry for one-self
- 118 Peruse

DOWN

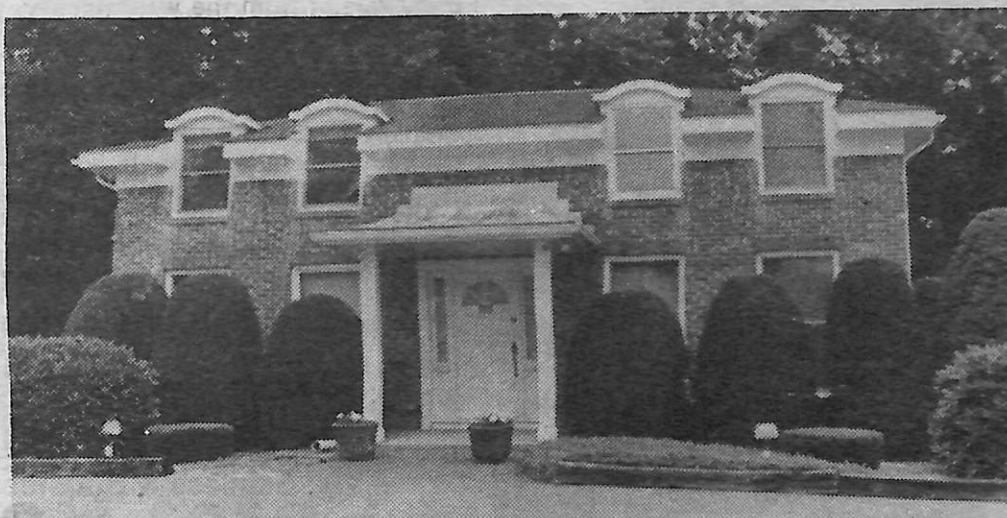
- 1 "True —," Wayne Oscar winner
- 2 Start of a Mozart title
- 3 Long (comb. form)
- 4 Femme fatale in "Goldfinger"
- 5 Jillian or Reinking
- 6 India (prefix)
- 7 Ransacks
- 8 Fine sweaters
- 9 Salt (Fr.)
- 10 Exam type
- 11 Fragrant flowers
- 12 Hobo homes during the Depression
- 13 Vogue competitor
- 14 — and mean
- 15 Diva Lily
- 16 Capone and Kaline
- 21 Lulus
- 22 Beehive state
- 27 Devoured
- 30 Choir member
- 32 Raging speech
- 33 Entertainer Adams
- 34 Author Thomas
- 36 Arden of Hollywood
- 37 Estuary
- 39 Spinning toys
- 41 Memo
- 42 Always
- 43 Soap frame bar
- 45 N.Y.C. Garden
- 47 Mid-East ruler
- 49 Emulated a banshee
- 52 Currying people
- 53 Spanish gent
- 57 Yale man
- 59 Pry
- 61 Formerly named
- 64 Jelly of meat dish
- 66 Banner
- 67 Jot
- 68 Bilko and York (abbr.)
- 69 "High —," Cooper classic
- 72 Actress Lanchester
- 73 Irani coin
- 74 Alike
- 77 Cabal
- 79 O'Hare posting
- 83 Razed
- 85 At once
- 87 Affirmative
- 89 "Able was I — saw..."
- 91 Dormouse
- 94 Double-walled flask
- 96 Director Lubitsch
- 98 Recorded
- 99 — and board
- 100 Sailors' saint
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Meet The Master - by Dick Mastroianni...



Dick Mastroianni's "Meet The Master" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages...

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Six Flags Sends Out Signal For Batman

*Auditions To Be Held For
Caped Crusader On March 25th*

If you ever thought you could be a better Batman than Adam West, Michael Keaton, Val Kilmer, or George Clooney, now is your chance to prove it. On Saturday, March 25th, the new Six Flags New England is holding open auditions for the much-anticipated Batman Thrill Spectacular stunt show. The coveted roles of Batman and Robin will be up for grabs.

In addition to the crimefighting duo, Six Flag New England is also seeking talented individuals to play Montoya (a combat-savvy female police detective) and several enemies, including Two-Face and the Riddler. Performers will need to be athletic, as each of the roles are physically demanding.

All roles involve stage combat and high falls. Batman, Robin, and their enemies are required to have experience with motorcycles, all-terrain vehicles, and some acrobatics.

"I don't know where these jobs were when I was looking for summer employment," says Public Relations Manager Jerry Gretzinger. "When you're a child — and, in some cases, when you're an adult — you dream of growing up to be a superhero. We're giving people the chance to do that. The fact that they also get to drive the Batmobile is icing on the batcake!"

Gretzinger adds that there are several perks to being cast in the Batman stunt show. "At some of our sister parks, the people cast in the Batman show have done some great things. One of them even threw out the first pitch at a Baltimore Orioles game."

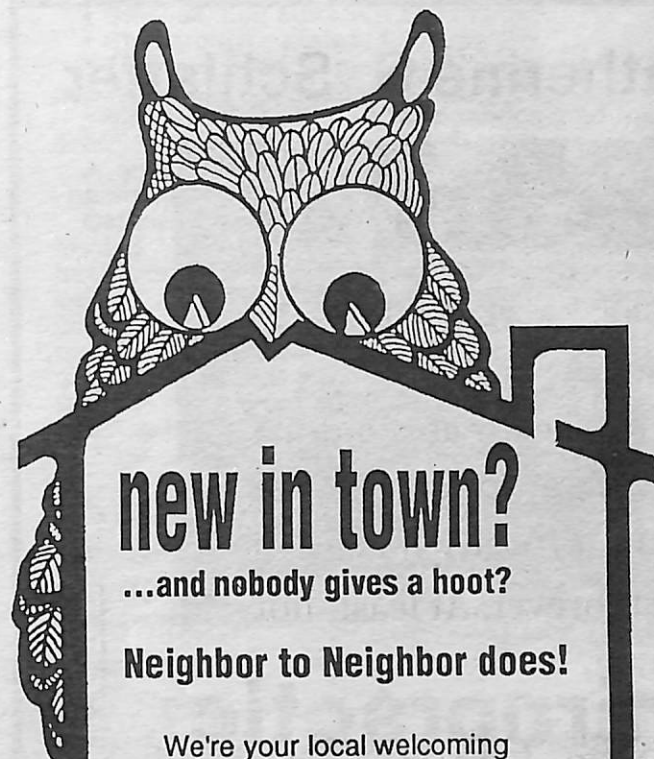
Auditions are being held on Saturday, March 25th, at 11:00 a.m. at the new Six Flags New England Human Resources Center, located across the street from the Park at 1756 Main Street, Agawam.

Motorcyclists are asked to bring references and a videotape of their riding abilities if available. All applicants should come dressed appropriately and be prepared to learn a short fight sequence.

Applicants must be at least 18 years-old. For more information, contact the Six Flags Entertainment Department at 786-9300, ext. 3321.

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New Musical Review At Red Door Theatre

Tickets are now on sale for STAGE Teen Ensemble Theater's production of "Pictures At An Exhibition," scheduled to run March 31st and April 1st at 7:30 p.m., and April 2nd at 2:00 p.m. at The Red Door Theatre, 152 South Westfield Street, Feeding Hills, MA.

The song-and-dance review is a musical romp through an art museum, where the world's greatest works of art are brought to life through musical selections of pop and show tunes.

Margie Secora directs and choreographs this delightful production (which can be enjoyed by the entire family). The themes and emotions of the paintings — which will be projected on an eight-foot screen — are explored by the company of 14 singers and dancers from several area towns.

Tickets for "Pictures At An Exhibition" are \$7 for adults, and \$5 for children 12 and under and for seniors. They may be reserved by calling (413) 789-2026.

Poetry Workshop At The Agawam Library

The Agawam Public Library will offer a poetry workshop on Saturday, April 1st, from 2:00-4:00 p.m. in the Community Room.

The presenter, Tom Nicotera, is a published poet, a member of the Charter Oak Poets at Charter Oak Cultural Council in Hartford, and the editor of the forthcoming *Charter Oak Poets II* book.

He has offered several poetry workshops in Connecticut. This hands-on program will cover starting and writing a poem, editing, presentation at poetry readings and slams, and publishing tips.

This workshop will suit those with an interest in poetry writing, even people who have never previously written a poem.

A follow-up reading program will take place a couple of weeks after the workshop. This program is open to adults and teens (middle school, junior high, and senior high).

Please sign-up in person or call the library at (413) 789-1550.

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All My Sons Now Being Staged By Theater Project

The work of one of America's leading playwrights comes to life with the Theater Project's presentation of Arthur Miller's *All My Sons*. According to Producing Director Danny Eaton, the drama will run March 23rd-April 22nd. Miller's work, written in 1947, received the Drama Critics Award for "Best New Play" when it debuted on Broadway.

The story, set during World War II, involves business partners Joe Keller and Herbert Deever. The pair had run a machine shop, which made airplane parts for the Army Air Corps. Deever was jailed when the company was deemed responsible for producing defective parts, which caused the deaths of many airmen. Keller went free and prospered. However, his youngest son, himself a fighter pilot, was reported missing in action, his fate still unknown.

Eaton's deep respect for Miller's work led him to select the drama for the Theater Project's third full season. "Arthur Miller is most certainly one of the greatest playwrights of the century," states Eaton. "You can count those on one hand: Eugene O'Neill, Tennessee Williams, Miller. It's encouraging to see that there's a renewed interest in his work these days. *The Price* is currently on Broadway, and his plays *Death of a Salesman* and *A View From the Bridge* were recent revivals. Today's producers and actors are showing a whole new enthusiasm for Miller's writing."

Eaton will produce *All My Sons*. Rand Foerster, who earlier this season directed *On Golden Pond*, returns to the Majestic as Director/Designer of the production. Elizabeth Zieminski will stage manage. Ilene Goldstein, and Grant Wallace, Resident Costume Designer, and Lighting Designer, respectively, complete the production team. As with all Theater Project productions, the performers and crew members are residents of the Pioneer Valley/northern Connecticut area.

Dick Volker will portray Joe Keller, his wife Kate will be played by Christine Anthony, and R. Kenneth Whittier has been cast as Chris Keller. Other cast members include Wendy Birchall as Ann Deever, Shaun Barry as George Deever, John Hart as Dr. Jim Bayliss, Amanda Leveault as Sue Bayliss, David Healey as Frank Lubey, Jennifer Wall as Lydia Lubey, and Andrew Eaton as Bert.

Eaton also announced that the Theater Project is now licensed to serve beer and wine during its performances. There are plans underway to expand the concession area to accommodate the venue's ongoing restoration.

Following *All My Sons*, the Theater Project's closing show for the 1999-2000 season will be the musical *Man of La Mancha*, which will run May 11th through June 10th. Tickets for these shows are available by visiting or calling the box office at (413) 747-7797 during its operational hours of Tuesday/Thursday/Friday (2:00-5:00 p.m.), Wednesday (4:00-8:00 p.m.), and Saturday (10:00 a.m.-1:00 p.m.).

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WestFest Arts Festival Slated For May 20th & 21st

The 19th annual WestFest Arts Festival is planned for May 20th and 21st in the rose garden at Stanley Park in Westfield. Activities are planned to make this year's festival a fun-filled weekend for all ages.

Presently, we are seeking volunteers to work the weekend of WestFest. Jobs include staffing art display areas, providing artist respites, assisting with Youth Art activities, and set-up and knock-down.

Anyone who is interested in volunteering to work at West Fest on May 20th and 21st or the week preceding the festival should contact Kate at 568-7476 or Ruth at 568-5253.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, ads, etc., that can be brought in on Mondays. Thank you...

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Education

Entrepreneurs At AHS Learn About Business

by Kathy Shepard
Feature Editor

Gerry Smith has been educating 128 Agawam High students who signed up for Young Entrepreneurial Scholars (Y.E.S.) how to succeed in the world of small business. Y.E.S. is part of the Entrepreneurial Institute located in Springfield Technical Community College's Enterprise Center.

The course exposes high school students to the world of small business by letting them acquire skills needed for starting a business. Learning in the familiar setting of their own high school is one of the benefits.

Classroom curriculum consists of three volumes (modules that comprise "How To Start and Operate a Small Business: a Guide for the Young Entrepreneur"). The first module consists of three units; "Introducing Entrepreneurship," "Types of Enterprise," and "Exploring Profit."

Module Two tackles communication for business, four kinds of business, such as sole proprietorships and partnerships, limiting liability for corporations, bonds, venture capital, and many other topics.

The third Module covers topics such as business math tips, from wholesaler's to the trade fair, business ethics, contracts, licensing and insurance, small business and government, taxation, technology, and the sample business plan. It is hoped that students will be inspired to learn more on these subjects, the fundamentals of which are all that are possible in this introductory course.

Smith, who is leaving teaching at the end of this year to handle the two businesses he owns (Agawam Auto School and Responsible Driver Auto School), told us that enrollment in the entrepreneurial course went from 60 last year to 128 this year (1999-2000).

"There are three sections, and all classes come together in the cafeteria. There are forums during the year that present local successful business people who talk about their experiences running a business.

"Our guest lists have included Richard Sardella, owner/publisher of *The Agawam Advertiser News*, Ted Hebert (Teddy Bear Pools), John Whalley (Whalley Computer Associates), Peter Clark (Jiffy Lube), Dave Ratner (Dave's Soda & Pet Food City), Walt Steinmetz (Steinmetz Studios), Steve Fox (Springfield Slam basketball team), Liz Greenway (Walnut Street Cleaners), Ed Borgatti (E.B.'s Restaurant), Cindy Johnson (Nevada Bob's), Gerry Smith (Agawam Auto School), and Jack Sarat (Sarat Ford)."

A Student Store

In addition to the modules and forums, students participate in what Smith refers to as the "Mini-Mall," a student store which is open from November through Christmas and again from April through May in the High School cafeteria from 11:00 a.m. to 12:00 noon. "Each student has their own area in the Mini-Mall," Smith explained. "They work in partnerships of three students. There always has to be at least one of them at the store when it's open."

In November 1999, students from Agawam, Easthampton, Putnam, and West Springfield high schools and the Career and Technical Education Center boarded buses at STCC and were whisked to New York City's wholesale district.

Agawam students had each been loaned \$100 from Westfield Bank to make purchases of goods they believed could be sold to their classmates at a profit. Smith said, "Some made as much as \$100 to \$200 profit. Even those who made less succeeded in making some profit. They all pay back the loan and still have some money left over."

Another trip is planned for April, and the Mini-Mall will re-open during that month. Smith estimates that they'll be bringing in approximately \$9,000. "Product sales should at least double that amount and maybe even reach \$25,000," he noted.

Products displayed at the store might include hats, gloves, scarves, jackets, and other winter merchandise. Other popular selections might be air fresheners, lip gloss, key chains, baseball hats, or totebags and there seems to be a market for jewelry any time of the year. Other items found in the store, such as knee-high stockings and other apparel, appear of good quality and durability.

There are various rewards, too, during the year. A pizza party was given to one class which sold enough carnations to make a profit of \$600. A field



GERRY SMITH is ready for customers at the "Mini-Mall," a student store at Agawam High School which is part of the entrepreneurial program that he runs. Advertiser News photo by Kathy Shepard.

trip is in the offing to Yankee Candle in Deerfield, where the group will get money to eat at Chandler's, a restaurant inside Yankee Candle.

"Boundless" Opportunities & Experience

The opportunities and experience made possible by the Y.E.S. program can really be considered "boundless." Part of the program includes establishing credit by paying back the bank loan. Town Clerk Richard Theroux comes in to talk to the class about registering a business. Alice Babcock, vice president of marketing at Westfield Bank, also visits to speak about applying for loans. The applications are done right at the school and it is possible for the students to start a checking account right then, as well.

When the Mini-Mall re-opens in April, it will be the topic of a future article in *The Agawam Advertiser News*. Smith makes another subject for coverage, for he has been teaching advanced placement, an accounting class, at the end of which the student can take a test. If the test is passed, the student gets three college credits. He has a marketing class and the entrepreneurial course in addition to the advanced placement.

It's no wonder Smith needs to leave teaching to run his two businesses. It will be challenging to find someone to meet the obligations of three such demanding courses. His goal is to open two branches of Responsible Driver Auto School each year, while still maintaining Agawam Auto School. Good thing he's used to doing several things at once!

The Y.E.S. program at Agawam High School, the local business community, in collaboration with the National Foundation for Teaching Entrepreneurship (NFTE), present a unique and effective way to help students succeed in the world, according to Tom Goodreau, who coordinates the Entrepreneurial Program at STCC. He is trying to encourage high school students to take the course in high school and then continue in the two-year program offered at STCC.

This spring, the Youth Incubator, part of the Springfield Enterprise Center at STCC, will open and successful students in the Y.E.S. Program are eligible. The Youth Incubator is sponsored, in part, through a grant from the Community Foundation of Western Massachusetts.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

* * *

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

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ROBINSON PARK SCHOOLCHILDREN Ryan Liebel, Kenneth Lussier, Chelsea Kirk, and Kayla Lyons meet a ferret that is being held by Kirsten Martin (far right), who is from The Science Center of Connecticut in West Hartford. The ferret was just one of the animals that comprised a "Zoo Station" which recently visited Robinson Park School. Advertiser News photo by Kathy Shepard.



"WHAT'S UP, DOC???": William Sapelli, Principal of Robinson Park School, has a "hare-raising" experience as Kirsten Martin of The Science Center of Connecticut introduces him to "Cadbury" the rabbit. Advertiser News photo by Kathy Shepard.

Furry Friends Find Their Way To Robinson Park School

by Kathy Shepard
Feature Editor

Early in March, The Science Center of Connecticut from West Hartford, Connecticut, presented an educational show for students of Robinson Park School known as a Zoo Station. Grades kindergarten through four participated, with Tuesday morning for grades kindergarten, one, and two, and Wednesday afternoon for kindergarten, three, and four.

The animal show included a python snake, a chinchilla, an opossum, an African bullfrog, a rabbit, a ferret, and a turtle. The Science Center of Connecticut will present assembly programs in various areas.

The presentation at Robinson Park School is known as a Zoo Station, which targets pre-kindergarten through grade eight and allows kids to come face-to-face with live animals from The Science Center's wildlife sanctuary. A station for endangered species precipitates discussion about why some animals are almost extinct.

Station mammals introduces a furry friend and teaches how they adapt to different diets, and station reptiles and amphibians compare and contrast these two groups of animals.

The Robinson Park PTO used some of their funds to pay for the show. They try to have at least two or three full assemblies per year.

Sponsored By AHS Guidance Dept....

Annual Junior Night For Parents & Students On Wed., April 5th

The Agawam High School Guidance Department's Annual Junior Night for parents and students will be held on Wednesday, April 5th.

This night is a valuable resource for students and families as they prepare for senior year and the college application hassles.

This year, there will be representatives from STCC, UMass Amherst, Roger Williams University, the U.S. Army, and the Princeton Review. Topics will range from the 2-Plus-2 Program in community college to the military alternative to financing a college education.

If you have not experienced the paperwork, essays, and deadlines of senior year, then you owe it to yourself to be present in the auditorium on April 5th, beginning at 7:00 p.m.

Seniors need all the help they can get during this year and this presentation will enable you to be a significant participant in your son's/daughter's graduation year.



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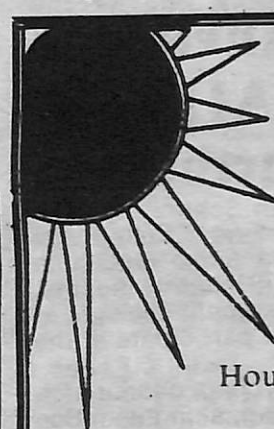
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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

Blame

What a simple five-letter word, but what a difference it can make in a person's life. I know it enters so many of the conversations that I have with my students. At times, I am really tempted to ask Webster to eliminate it from the dictionary!!!

Sally enters my office. I have called her down to discuss her grades that are rapidly falling. Sitting across from me, she meets my questioning gaze and responds, "You know, how can I possibly study? My brothers and sisters make so much noise. My mom wants me to do a lot of chores around the house, and you know, I do have my sports that I play."

"Ah," I say, thinking, well, here's another one to put in the blame category, "You certainly have reasons for your poor grades, don't you? But I think you're overlooking another reason, another person."

I pause, hoping she'll catch my drift and single out that other person. After a minute or two of silence that I could have cut with a knife, I finally become a little more directive, actually, downright directive, and say, "Haven't you forgotten to place yourself in this? You're the person whom you left out!"

Looking at me quizzically, Sally counters, "What do you mean?" I proceed to tell her about the little five-letter word, BLAME. "Sally, do you know the meaning of the word blame? It means to place responsibility on someone else. You know, it is so much easier to pick-out someone to blame for your problems instead of actually looking within yourself and owning the situation."

We talked about the objects of her blame. Yes, her brothers and sisters are noisy, but Sally could choose to go to the library to study. She could choose to not study in the den and instead go into her bedroom and close the door. Perhaps she could choose to study at a friend's.

By pointing these options out to her, she could see that she, herself, was in control of choosing where to study. The situation would be the same, the noise would be there, but she would be able to circumvent the problem and study.

Concerning chores around the house, I told her to make a schedule and to place the chores on the schedule, leaving enough time to do her studying. Again, by making a schedule, she could control the outcome and accomplish her studying. When we looked at the chores together, she had to agree with me that they were not all that time-consuming. The problem was that she was leaving them until the last minute or, at times, she was spending too much time dawdling and not getting them done or feeling so sorry for herself and stewing about them, that she was unable to accomplish anything!

I told her to use the same schedule to write down her sports practices and games. Then she could readily see how she had to balance everything. Time management had to be learned and followed.

"You know, Sally," I continued after we had discussed scheduling, "when you spend your time blaming others, you are doing just that ... spending time ... and that time could and should be spent looking at the problems and coming up with solutions. Blaming sort of stops you in your tracks. It gets you stuck in the mud. Instead, give yourself a push, look squarely within yourself, and see what YOU can do to make things better."

It is so important for each of us to do something about the problem; otherwise, we divorce ourselves from it and wait for those we are blaming to come up with solutions.

The rub is this: if they are not truly the cause, then how can they truly provide the solution? Blaming is paralyzing; solution-making is action-producing.

Agawam Schools' Weekly Lunch Menu

Monday, March 27th: Steamed frank-furt in roll, oven-baked beans, potato rounds with catsup, chilled fruit cup, milk.

Tuesday, March 28th: Super taco boat, niblet corn, taco sauce, raspberry Jello with topping or fresh Mac apple, milk.

Wednesday, March 29th: Baked hamburger and macaroni with tomato sauce, Italian bread and butter, seasoned broccoli cuts, baked apple crisp, milk.

Thursday, March 30th: Oven-baked chicken nuggets, honey or dipping sauce, bread and butter, steamed rice, diced carrots, fruit mix or chocolate cake with icing, milk.

Friday, March 31st: Grilled cheese sandwich, pickle chips, oven potato wedges, chilled peaches or ice cream cup, milk.

"Dealing With The College Admissions Tests" On March 30th

Parents of Agawam High School students are reminded that the next administration of the SAT will be May 6th at Agawam High School. The deadline for registration with "the College Board" is March 31st.

If you are interested in understanding your son's/daughter's results or the relationship between the SAT and the colleges, you should plan on attending a presentation by Jim Montague entitled "Dealing with the College Admissions Tests" at Agawam High School on Thursday, March 30th, from 6:30 to 8:00 p.m.

Montague is the Director of Guidance and Counseling Services for the College Board. This program will provide an overview of these tests; describe the skills being measured; outline effective preparation strategies for students; and describe the use of these tests in the college admission process.

All parents and School Committee members are invited to this presentation, which will be held in the high school auditorium.

Tickets Selling Fast For Fundraiser Raffle Sponsored By James Clark School's PTO

Tickets are selling fast for the James Clark PTO's spring fundraiser raffle. The prize, a Disney World family vacation, is proving to be just the incentive to boost ticket sales.

The trip, with a value of \$3,000, includes round-trip airfare, accommodations, and Disney World park hopper passes. Erin World Travel of Westfield is coordinating the trip.

To encourage Clark school families to sell tickets, the PTO is offering sales incentive prizes donated by area businesses. For every five books of tickets sold, a family gets a chance to win one of the many family-oriented prizes. Some of the

prizes donated so far are E.B.'s Restaurant gift certificate, Agawam Cinema passes, Big E passes, Hollywood Video movie rental coupons, Geissler's gift certificate, and Milton Bradley games.

Raffle tickets are \$1 each or a book of six tickets for \$5. Tickets will be sold from March 1st to May 1st. The drawing will be held on May 10th and you don't need to be present to win.

Tickets may be purchased from any James Clark School student or by calling Carla Chase, 789-3846; Ann Marie LaZazzera, 789-3141; or Cathy Blood, 786-5103.

Exhibitors Invited To Come To AHS For April 27th Earth Fair

A public fair will be held on April 27th at the Agawam High School, 760 Cooper Street, from 6:00 to 9:00 p.m. S.A.V.E. (Students Against Violating the Environment) is currently looking for businesses or organizations to participate in the fair.

At present, Agawam's recycling coordinator, Jane Santucci, will be attending, along with Springfield Technical Community College's Dan Smola; Cindy Sanford of the Agawam Junior Women's Club; the D.E.P., Craig Givens; John Tranchese from the Environmental Police; E.P.A.'s Dean Cosgrove; Springfield College's Dr. Reddington; and Steve Martin of Agawam's Fire Hazmat Department (to name a few).

If you own or know of a business or organization that has anything to do with the well-being of animals and/or the environment, you are invited. Please contact Mrs. Bertone-Gross at Agawam High School or at pbertonegross@yahoo.com if you are interested or have any questions A.S.A.P.

The purpose of this fair is to enlighten the public on environmental topics. Live animals are allowed and encouraged, as long as they have a proper aviary or cage. If you choose to participate, you will be able to obtain a four-foot table space or (if you desire) an eight-foot table space to present your topic.

This is the first time S.A.V.E. has ever tried to have such an event. Usually, we hold our events during the school day; this year, we would like to open it up to the community at a more convenient time so more people can be enlightened.

Also, there will be a special crafts section for children. So bring the whole family for a night of fun, and we hope to see you there.

ADVERTISER NEWS



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Agawam High School Guidance Bulletin

College Acceptances: Congratulations!
Jason Kirk: Holyoke Community College
Laura Reveruzzi: University of Vermont
Julie Lungarini: University of Massachusetts
Dawn Banspach: Holyoke Community College,
 Springfield Technical Community College
Steve Ferreira: School of the Museum of Fine
 Arts, Montserrat College of Art
Sara Vincent: Holyoke Community College
 School of Nursing, Springfield Technical Com-
 munity College
Jennifer Sommer: Northeastern University
Katelyn Pisano: Westfield State College, Spr-
 ingfield Technical Community College
Anthony Goodrow: Rensselaer Polytechnic In-
 stitute, University of Massachusetts
Amanda Galluzzo: Western New England Col-
 lege
Irina Govor: University of Hartford, Holyoke
 Community College
Jim Borowiec: Rensselaer Polytechnic Institute
Adam Howe: Boston University
Shawn Biebel: Assumption College
Brian Gilhooly: Rensselaer Polytechnic In-
 stitute
Caroline Scherpa: Rensselaer Polytechnic In-
 stitute, Boston University
Sarah Bates: Springfield Technical Community
 College
Kim Goss: American International College
Doug Donaldson: University of Massachusetts
 at Dartmouth
Nicole Ghaname: Salem State College, Univer-
 sity of Massachusetts
Lauren Piccin: The Airline Academy
Valerie Cross: University of Vermont
Terri Cimma: Holyoke Community College
Kelly Webb: Mount Ida College
Scholarships: See your counselor for more in-
 formation or an application.

Pascal A. DeLiso Scholarship: To be eligible for
 this scholarship, a student must meet the follow-
 ing criteria: a mother or father of Italian descent,
 acceptance to a two- or four-year college, commit-
 ment to the Roman Catholic faith, high academic
 merit, a willingness to render community service,
 and demonstration of a good work ethic.
Deadline: April 30, 2000.

Applications Available From Agawam Early Childhood Center

The Agawam Early Childhood Center is now
 taking applications for the 2000-2001 school year.
 This center is accredited through the National
 Association for the Education of Young Children.

Any interested parent of a three- or four-year-old
 child should contact the Early Childhood Center
 at 789-2976 for an application for the Agawam
 Public Schools' pre-school program.

Children must be a resident of
 Agawam/Feeding Hills.

— ADVERTISER NEWS —

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"Let's Go To The Movies!!!"



YOU CAN'T WATCH A MOVIE WITHOUT POPCORN: On Friday, March 10th, a
 "Movie Night" was held for students and their families at Robinson Park Elementary
 School. On hand to pass out bags of popcorn to the moviegoers were Kathy Watkins, Kelsi
 Watkins, Robin Witaszek, Sue Cayer, Gayle Lombardini, Betty Vershon, and Stephanie Ber-
 tagnolli. Advertiser News photo by Kathy Shepard.



THE MARCH 10TH "MOVIE NIGHT" at Robinson Park School was sponsored by the
 school's PTO. Front row: Jacob Goudreau, Nick Vershon, Dan Vershon, Brett Lombardini,
 Ryan Lombardini, Clara Bertagnolli, Alex Watkins, and Kelsi Watkins. Back row: Josi
 Goudreau, Betty Vershon, Paul Lombardini, Stephanie Bertagnolli, Andrew Cayer, and Sue
 Cayer. Advertiser News photo by Kathy Shepard.

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Featuring 125 Agawam Girl Scouts...

"World Thinking Day" Celebrated

Recently, 125 Girl Scouts from the Agawam Girl Scout Unit celebrated World Thinking Day. This celebration took place in the cafeteria of the Agawam Junior High School.

World Thinking Day is a special day when Girl Scouts and Girl Guides take the time to reflect and "think about" the sisterhood of Girl Scouting, all around the world.

The girls who attended and participated in the celebration should earn a "Thinking Day Patch" and a "Culture Patch."

The following is a list of troops that participated, along with their color and country they represented:

TROOP NO.	COLOR	COUNTRY
549 & 556	green	Ireland
559 & 580	purple	Hawaii
544	red	Russia
557	blue	France
577 & 589	orange	China
566	black	India
548 & 562	pink	Japan
593	light blue	Greece

Upon arrival, each girl was given a nametag, a passport (for each trip to each country), and a baggie to carry all of their crafts and swaps in. Each girl made a 25-cent donation to the World Friendship Fund.

The celebration started with an opening Flag Ceremony. The Color Guard (Seniors and Cadettes), as well as two representatives from each troop, had been given the command to "Post the colors." The flags were posted (put in stands) and the quarter donations were placed on a table.

During the posting of the colors, we sang the "World Friendship Song," sung to the tune of "Yankee Doodle Dandy." We then learned the story of the World Friendship Fund and the meaning of the World Trefoil Pin.

As the girls began their journey, a bell would ring, indicating the start of their travels. Subsequently, the bell would also ring approximately every 10 minutes, thus letting the girls know it was time for them to move on to the next country.

When the girls reached their new destination, their passports would then be stamped, permitting them into the country. Each troop displayed information about their particular country, such as travel brochures, maps, pictures, dolls, crafts, a swap (a hand-crafted item for each girl to make), and even a sampling of their native foods.

For example, Ireland had the girls make shamrock pencils for their swap; Hawaii had a volcano display; Russia supplied a delicious food sample and recipe called "Russian Tea Cakes" (Snowballs); France served a superb chocolate spread on French bread; China gave fortune cookies; India provided a reversible silver and gold elephant swap; Japan wore Kimonos; and Greece made an appetizer named "Tiropita" (a philo, egg, and cheese dish).

When everyone had completed their tour, we then concluded the closing ceremony with a great big "Friendship Circle" and the "Friendship Squeeze." This was a fun-filled evening for



AGAWAM GIRL SCOUTS from various troops examine the items at the "Greece" table, which was run by Troop 593. The Girl Scouts' World Thinking Day celebration recently took place in the Agawam Junior High School cafeteria. Advertiser News photo by Kathy Shepard.



THE "FRANCE" TABLE was manned by Girl Scouts from Troop 557. The tables representing various nations displayed such items as maps, dolls, and crafts. Advertiser News photo by Kathy Shepard.

everyone, including a great learning experience for our Girl Scouts here in Agawam and for girls around the world!

A special thank you is extended to Mayor Richard Cohen for attending this event, and also to those who volunteered their time and energy.

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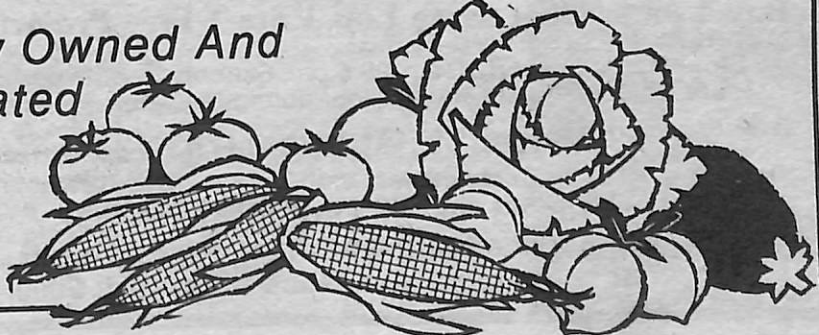
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Agawam Girl Scouts At "World Thinking Day"



IN LEFT PHOTO: Girl Scouts from Troops 548 and 562 represented the nation of Japan and were appropriately dressed in Japanese costumes. IN RIGHT PHOTO: Brittany Duquette, a Girl Scout from Troop 544 (which represented Russia), with Bonnie Duquette and Loree Phillips. Advertiser News photos by Kathy Shepard.

Pack 77 Enjoys Winter Camping...



HEATHER GREEN

At UMass Amherst...

Heather Green Receives Chancellor's Award In Art

Heather Green of Feeding Hills, a 1998 graduate of Agawam High School, has been awarded the Chancellor's Talent Award in Art at UMass Amherst.

The Chancellor's Award is a scholarship at UMass for Heather's remaining undergraduate semesters and is expected to contribute to the University's artistic community through committed and active participation in the Art Department.

In addition, Heather was selected by the UMass Art Department to attend a summer month of study in France.

Pre-Registration Now Taking Place For Kindergarten

Children who will be five years of age prior to October 1, 2000 are eligible for enrollment in kindergarten in Agawam for the 2000-2001 school year.

Parents of children who will be eligible for kindergarten are requested to contact the nearest elementary school as soon as possible.

Parents are encouraged to register their children prior to the last day of kindergarten screening (May 5, 2000).



PACK 77 SCOUTS take a break from their hike during their recently held winter camping weekend at Moses Reservation. There wasn't any snow, but plenty of school spirit. The Cub Scouts now look forward to their spring camping in May. Back row: Alex Cummings, Nick Abraham, Sean Walsh, Nick Sliech, Brett Barker, and Ryan Sullivan. Front row: Steven Olivares, Matthew Reardon, Josh Dougherty, Kevin Mallory, Zack Mongeau, and Jeremy Blood.

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OUT OF DISTRICT STUDENTS SHOULD FILE LETTERS OF INTENT WITH
THEIR LOCAL SUPERINTENDENT'S OFFICE BEFORE APRIL 1, 2000.

"Girl Scout Sunday" At Agawam Congregational...



ON SUNDAY, MARCH 12TH, "Girl Scout Sunday" was celebrated at Agawam Congregational Church, with local Girl Scouts being involved in the service. Among those who served as greeters were Brownie Lindsay Paul and her mom, Laura (left photo), and Brownie Kim Hitchcock (right photo) and her mom, Sue.



SERVING AS ACOLYTES on "Girl Scout Sunday" were Brownies Clara Bertagnolli and Amy Lemire.



JUNIOR GIRL SCOUTS who served as ushers on "Girl Scout Sunday" at Agawam Congregational Church (from left to right): Alison Hitchcock, Lisa Lemire, Courtney Chisholm, Jenna Nagel, and Alli Bertagnolli.



MEGAN CHISHOLM and her mom, Michelle, were among the greeters on "Girl Scout Sunday."

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Sports

*** Early Returns For AHS Spring Sports 2000 ***

Profile...

Agawam High School Track Has Big Star In Kerry McGeoghan

by Dave Rollins
Sports Editor

Girls' track and field starts shortly at Agawam High School. One key member of the team will be Kerry McGeoghan. Recently, the senior took some time out to talk about her days at AHS.

Kerry is 17 years-old. Her birthday is April 22nd. She has spent all four years of her secondary education as a Brownie.

Currently, she is taking third-year choreography, child development, English 12, gym, advanced math, and physics. Kerry is a member of the National Honor Society, the Renaissance Club, and is the treasurer of the AHS Office of Student Affairs.

Her favorite course is physics. Her top teacher is Margo Poulin (English).

Because of her great ability in track and field and her excellent grades, Kerry will have close to a full boat at the University of New Hampshire. She will attend their school of health and human services. Right now, her major is undeclared.

Track is her sport. She had played soccer, but a serious leg injury two years ago ended her soccer career. Through hard work, she made a full recovery and now concentrates on the high jump and triple jump. At those two events, Kerry is one of the best in Western Mass. She has a personal best of 5'4" in the high jump.

To that end, the high jump is her favorite discipline. She has a couple memorable sports moments. Clearing 5'4" at the Junior Olympics at Brown University in Rhode Island is one. The other is a runner-up spot in the high jump as a sophomore at the Western Mass. Tournament.

The season is coming on quickly. "I think we are going to have a lot of competitive kids on this team. We have about 80 out right now. We have some great sprinters and some very fast freshmen," she said.

As for her injury (a bad break of the left leg) that had her in a wheelchair and required months of rehabilitation, she noted that all is well and that it doesn't bother her anymore.

Kerry's favorite food is shepard's pie.

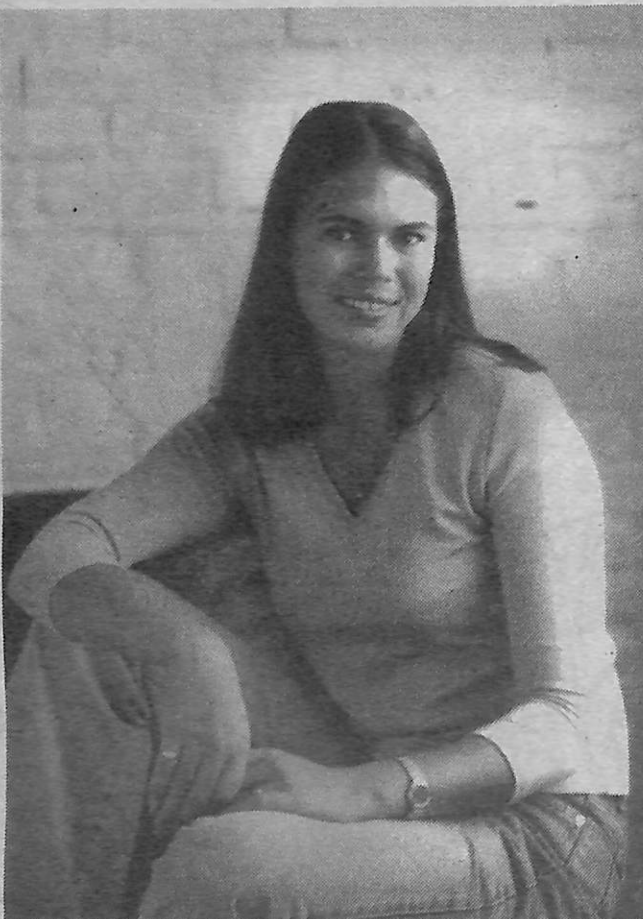
Purple is her color of choice.

If she could pull into the AHS parking lot in any car, it would be a brand new Lexus.

Track standout and Olympian Jackie Joyner-Kersey is her top athlete.

When Kerry kicks back, it is with her friends.

She likes preppy clothes as long as they are



KERRY MCGEOGHAN

comfortable. American Eagle is her store of choice.

She likes just about every kind of music. Garth Brooks is her favorite artist.

SEE MCGEOGHAN
- Page 39...

Profile...

Girls' Tennis Looks To Kaitlin White For Points

by Dave Rollins
Sports Editor

Kaitlin White is pencilled in as going into the 2000 season as the number one player on the girls' tennis team for the second straight year. Recently, the senior took some time to talk about her time at Agawam High.

She turned 18 on November 5th. All four years of her secondary education have been at the High School. Currently, Kaitlin is taking integrated math, English, psychology, sociology, child development, nursery school management, and pottery.

She is also a member of the Honor Roll and the Renaissance Club. Kaitlin is also a member of the math club, Office of Student Affairs, and the Prom Committee.

Psychology is her favorite course. Joseph Fitzgerald (history) is her top teacher.

She will attend Endicott College in Beverly (MA) next fall. She plans to major in elementary education and also play tennis. "It's right on the ocean and very beautiful. I fell in love with the place right away," she smiled.

She played soccer during her years at AHS as a goalkeeper. But tennis is her favorite sport.

Her most memorable sports moment came in her freshman year as a tennis player when the team won their league championship.

"We have five returning players, which means a lot of experience. So we should do well," she noted. During the off-season, Kaitlin hits at Fitness First. She says she's ready to go.

Her favorite food is Chinese, which she buys locally, either at King Yen or Fung Wong.

Green is Kaitlin's color.

Her ride would be a 2000 Jetta.

SEE WHITE - Page 39...



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KAITLIN WHITE

WHITE - from Page 38...

Derek Jeter of the New York Yankees is her top jock. "Yeah, our whole family goes down to Yankee Stadium to watch him. We also go to Fenway Park in Boston when the Yankees are up here," Kaitlin smiled.

She, like most kids, likes to hang out with her friends.

"My clothes are very preppy," she said. Her stores are Abercrombie and Fitch and American Eagle.

Dave Mathews is her favorite artist. She says she's seen the band eight times.

On TV, it's "Dawson's Creek." "Dirty Dancing" is her big screen choice.

Candace is her mom. Jim is her dad, a long-time teacher at Agawam High School. She has a brother, Andrew (10), who is already a very good football and baseball player.

She looks up to her parents and her grandmother on her father's side, Rene White.

She would like to be remembered when her days are done at the High School as a person who worked hard, was a good friend, and gave everything she did everything she had.

Tennis Coach Mary Wolochowicz said at the end of last season that Kaitlin just keeps improving through hard work and determination, and Wolochowicz is certainly looking to her to be a strong force during each match.

MCGEOGHAN - from Page 38...

"Dawson's Creek" is tops on the tube for Kerry. "Grease" is her favorite flick.

Joann is her mom. Phil is her dad. She has five brothers - former football and track standout at AHS (and now starting for Maine in football), Phil (21); Mike, a freshman; Joey, in the seventh grade; Jonathan, a sixth-grader; and Robert, second grade. She has one sister, Katherine, who is in the fourth grade.

She says her brother, Phil, is the person she looks up to.

Asked what she hopes were her top attributes at AHS, Kerry responded, "I'd like to be remembered as a hard worker who got along with everybody and also as a good athlete when my days are done."

AHS field coach Dan Pryce, who assists head Coach Dean Vecchiarelli, was all praise when he was asked about the star senior. "Kerry is probably the most gifted athlete we've had here since her brother (Phil). She has the best work ethic you could ask for. Kerry has been constantly in the weight room and runs every day. If not for her injury, she could very well be number one in New England in girls' high jump."

Of the injury, Pryce had this to say: "Yeah, it could have ended her career. But she just worked with a lot of determination to come all the way back. I think the best example of that was when she long-jumped for us. Kerry launched off her left leg, the one that was injured."

"According to the doctors and our trainer (Dave Stratton), the bone, where it has healed and fused together, is much stronger now than the bone in the rest of the leg. She'll have no problem," noted Pryce.

ADVERTISER NEWS

Various Tryouts Dates Scheduled For The Agawam Youth Cheerleaders' 2000 Season

Agawam Youth Cheerleaders will hold tryouts and registration for the 2000 cheerleading season at the Agawam Middle School on the following days:

Monday, April 3rd, 5:00-7:00 p.m.; Tuesday, April 4th, 5:00-7:00 p.m.; Wednesday, April 5th, 5:00-7:00 p.m.; and Thursday, April 6th (tryouts), 5:00-7:00 p.m. (juniors), 7:00-9:00 p.m. (seniors).

All children who are entering grades five and six in September 2000 are eligible for the Junior Squad. All children who are entering grades seven and eight in September 2000 are eligible for the Senior Squad.

Pee Wees (grades three and four in Sept. 2000)

will be held Monday, April 24th, 5:00-7:00 p.m.; Tuesday, April 25th, 5:00-7:00 p.m.; Wednesday, April 26th (tryouts), 5:00-7:00 p.m. at Robinson Park School.

An informational meeting will be held on Tuesday, March 28th at the Agawam Public Library from 7:00-8:30 p.m. Please note that a parent must be present at registration, as a child cannot participate without the required consent forms, signed by a parent or legal guardian. A \$1 tryout fee will be charged to cover tryout expenses.

For more information, please call Sue Svadeba at 786-2592 or Irene Lemieux at 789-3071.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays.

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In Tri-Parish Bowling News...

First-Place Notre Dame Increases Its Lead In Round Four

Notre Dame continues to lead the pack after three weeks of the fourth round in the Tri-Parish Bowling League.

On Monday, March 13th, ND defeated St. Louis, 3-1, in a low-scoring match. Cori "Lefty" Napolitan led ND with a 132 single and a 292 series. "Lefty" showed what a week in Florida could do for your bowling.

For St. L, Glen "Not Sam" Adams got off to a slow start, then came on with two good strings of 123 and 119 to make the match close. St. L only lost the second string by four pins and the total pinfall by the same number. (ND had a four-pin advantage in each string for a handicap and used it to the limit.)

Catholic University took Boston College, 4-0, pushing BC further into the cellar. (BC hasn't won a point yet in the fourth round.) BC had good scores from Roger "Rabbit" Josephson (a 333) and a 307 from Betsy "Loaded" Cannon, but needed more as three of CU's bowlers scored over 300.

Jim "Jimbo" Lambert ran a 308 series; Frank "Buck" Cerpovicz came through with a 317; and anchor Kathy "Big Cat" Burlingham had a big night of 367, including a 136 single. CU is now in second place, 3½ points behind ND.

Georgetown won over St. Mary, 3-1, to keep St. M in a tie for third with St. Louis and Holy Cross. In this match, St. M could only muster one high scorer — that being a 341 by sub anchor bowler Paula "Wild Thing" Burke. "Wild Thing" and opposing anchor, "Mighty" Debbie Poirier, hooked up in a real battle.

"Mighty" outscored the "Wild One," 141-133, in the first string, but lost the second, 110-94, before coming back with a 103-98 win in the third. Barb "Wire" Howard helped in the G'T win by rolling a 304 series.

In the final match-up, Fordham came through with a big third string to gain a tie with Holy Cross, 2-2. For F'H, Tom "Thumb" Massotti had a good night, rolling a 114 single and a 297 series. Anchor "Jolly" Olly Muldrew hit a big 140 single and ended up with 335 for a series.

The 140 string wasn't in the third game, but came in the second to offset a 140 string by "Big Bad" John Mlinek, who had a 327 total for the night. "Big Bad" tried to add a new dimension to his bowling by finishing his approach with both feet in the air on one ball. Luckily, he only hurt his

SEE BOWLING - Page 41...

"Boosting" The Wrestlers At Agawam High



MAYOR RICHARD COHEN (third from the left) with members of the AHS wrestling booster club at the wrestling team's end-of-season banquet at Alexander's Restaurant on March 10th (from left to right): Ed Gilbert, Pam Quirk, Cindy Moore, Linda Montagna, and Kevin Quirk. Advertiser News photo by Kathy Shepard.

Conte Says Good-Bye To Senior Players...



COACH LOU CONTE and his senior team members at the AHS varsity girls' basketball banquet at Alexander's Restaurant on March 19th: Sheri Benton, Katie Shannon, and Jen Lyman.

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BOWLING - from Page 40...

dignity and we were all relieved.

The next evening of rolling on the local lanes will mark the midpoint of the fourth and last round of this season. The standings for this round so far are:

Notre Dame	11-1
Catholic Univ. (Round Winner)	7½-4½
St. Mary (Round Winner)	7-5
St. Louis	7-5
Holy Cross	7-5
Georgetown	6-6
Fordham (Round Winner)	2½-9½
Boston College	0-12

For Spfld. Falcons' April 7th Game...

Final Recreation Group Night Sponsored By Agawam Parks & Rec.

The Springfield Falcons are announcing that the final Recreation Group Night sponsored by the Agawam Recreation Dept. is scheduled for Friday, April 7th vs. the Providence Bruins at 7:30 p.m.

Your Recreation Dept. is offering one great discounted price of \$7 for either adults or kids, with 50 cents of each ticket sold going back to the Recreation Dept. for other youth recreational activities!

All ticket purchases for the game must be done 24 hours prior to the date of the game.

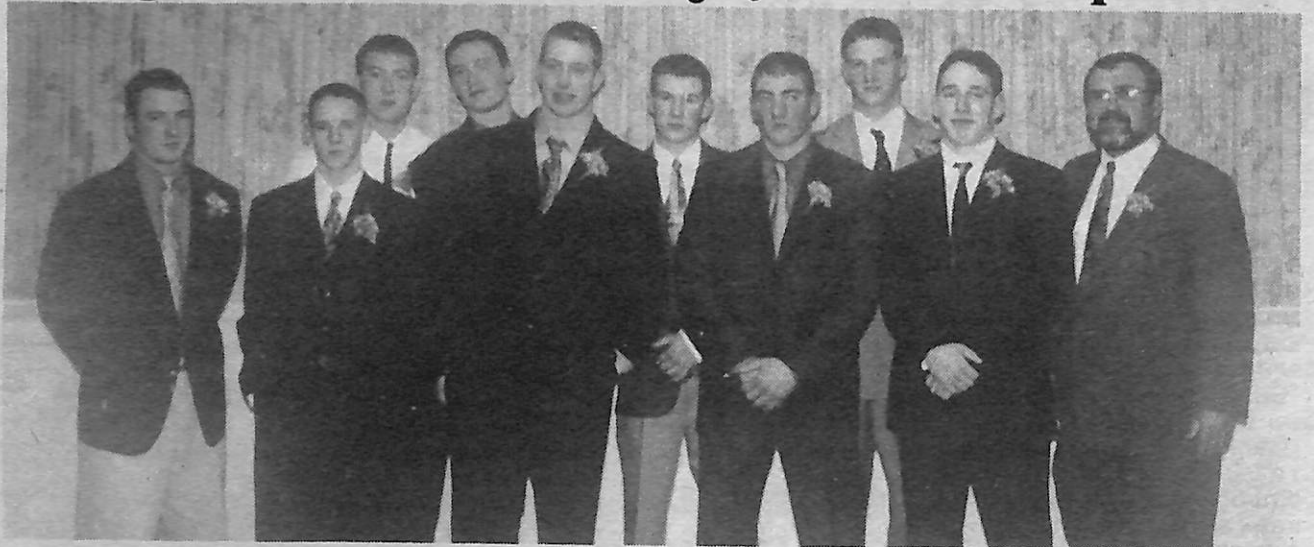
For further information, kindly call the Agawam Recreation Dept. (weekdays) at 821-0513.

Turkey Shoots At Pioneer Valley Sportsman Club

Members of the Pioneer Valley Sportsman Club, Inc., located at 101 Sikes Avenue, West Springfield, are pleased to announce that turkey shoots commenced at the club on Sunday, March 12th, and will run for six weeks.

— ADVERTISER NEWS —

Agawam Wrestlers Enjoy Their Banquet...



THE SENIOR TEAM MEMBERS at the AHS wrestling banquet at Alexander's Restaurant on March 10th: back row — Coach Chris Chechile, John Archambault, Brandon Blackak, Brian Chechile, and Kevin Grealis; front row — Dave Moore, Eric Pederson, Mat Quirk, John Silva, and Head Coach Kirk Parker. (Missing from photo: Paul Johnson.) Advertiser News

photo by Kathy Shepard.



THE AHS WRESTLING TEAM with Coaches Ed Gilbert, Rich Birk, and Chris Chechile, Head Coach Kirk Parker, and Mayor Rich Cohen at the team's end-of-season banquet. Advertiser News photo by Kathy Shepard.

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Agawam Bullets Shoot Down The Competition

On Saturday, March 18th, the Agawam Bullets traveled to Williamstown (MA) for the annual Williams College Tournament.

In game one, the Bullets defeated the SSC Mad Dogs, 2-0, on goals by John Lynch and Brian Knight.

In game two, the defensive "trio" of Cizek, Carmody, and Crough helped Evan Machos to his second consecutive shutout.

Brian Knight scored the only goal in a 1-0 win over a strong Ajax team from Albany, New York.

Game three saw Agawam and Berkshire battle to a 0-0 standoff with Machos making a couple of point-blank acrobatic saves to keep his shutout streak alive.

In game four, Ligenza, Lynch, and Crough scored to lead the team over Waterford United, 3-0. Solid defensive play of Serna, Ligenza, Lynch, and DeCaro helped the "trio" and Machos to his fourth shutout.

Needing a win in game five to take home the trophies, the team came out flying against Bethlehem, New York. Two goals from Brian Knight and one from Mike Crough were all the team needed to shut out Bethlehem, 3-0.

Solid defensive efforts from the fullback and halfbacks preserved the team's fifth straight shutout and gave them championship honors.



CONGRATULATIONS TO THE "AGAWAM BULLETS": back row — Coach Jim Knight, Mike DeCaro, Matt Ligenza, Mike Carmody, Brian Knight, and Assistant Coach John DeCaro; middle row — John Lynch, Evan Machos, and Mike Crough; front row — Eric Serna and Greg Cizek.

Mawaga Club's Year 2000 Lunker Derby Has Been Scheduled For Sunday, April 9th

The Mawaga Club will be holding its year 2000 Lunker Derby on Sunday, April 9th, at the club grounds on Adams Street, Agawam.

A \$15 donation includes fishing from 9:00 a.m. to 1:00 p.m., as well as free lunch for ticketholders.

Record cash prizes for the largest trout will be

available: \$200 for first, \$100 for second, \$50 for third, and \$25 for fourth. What's more, there will be a gigantic raffle and door prizes.

Prior to the fishing, a continental breakfast will take place from 7:00 to 9:00 a.m.

For further information, call 789-3359.



Outdoors New England

by Kent Servis
Outdoor Writer

Well, now that spring has finally arrived and the good weather is here to stay (fingers crossed), a young man's fancy turns to fishing. Open water is here and the fish are turning on!

Most Valley streams and ponds have been stocked with trout and, except for somewhat windy conditions, everything is almost perfect!

SOME NOTES FROM THE DIVISION ON DEER SEASON

REMINDERS FOR 2000 SEASON DATES: Archery DMZs 1-8, November 6th to November 25th; DMZs 9-14, October 16th to November 25th; Shotgun DMZs 1, 11, & 14, November 27th through December 9th; DMZs 12 & 13, November 27th to December 2nd; Primitive, All DMZs, December 11th to December 16th. Antlerless Deer Permit Applications must be postmarked by August 15th.

ONE FOR THE RECORDS: Interested in having a particularly impressive set of antlers measured by the Pope and Young or Boone and Crockett scoring systems? Contact the Northeast Big Buck Club and they'll refer you to an NBBC measurer near you. NBBC maintains lists of the highest-scoring antlers from Massachusetts, Connecticut, and Rhode Island and includes more top-scoring racks from other states and provinces.

Categories are maintained for typical antlers and non-typical antlers obtained during archery season, gun season, or picked up at sheds after the seasons. Contact NBBC in the following ways: by mail — Northeast Big Buck Club, 390 Marshall Street Paxton, MA 01612-1228; by phone — (508) 752-8762; by e-mail — info@bigbuckclub.com or visit the NBBC Website at WWW.BIGBUCKCLUB.COM.

FISHING REPORTS

Congamond Lakes are producing on freshly stocked trout. Spinners, spoons, and (of course) live bait and power bait are all producing. Boat anglers are scoring near the surface in the morning and early evening hours.

Bass are being taken on Husky Jerk baits, as well as jig and pig combos. As the water continues to warm, action should pick up.

Five Mile Pond in Springfield is producing, with much the same conditions as Congamond Lakes. Ditto for Hampton Ponds in Westfield.

The Connecticut River is still quite high in the stretch above the Enfield Dam, but some action has been reported at the Oxbow.

SALT WATER

A fairly slow week at the ocean, with the exception of some nice cod coming in from the Helen H out of Hyannis, and a report of some respectful cod by a party on the Francis Fleet.

Inshore, some winter flounder are being taken by the mouth of the River in Old Saybrook. Schoolie stripers are being taken along with an occasional keeper in the Thames River at Norwich. Try fishing about 50 to 100 yards off the Town Dock. Lead head jigs with Sassy Shad or twister tail grubs are scoring when the fish are in the mood.

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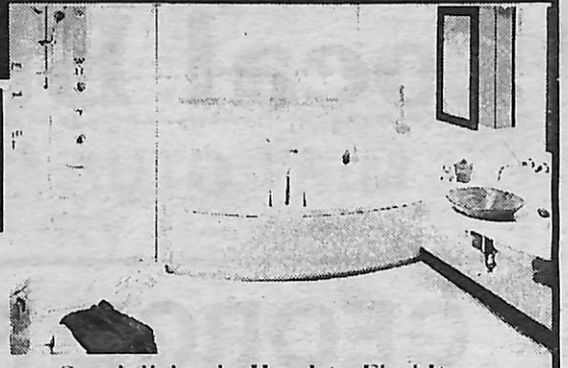
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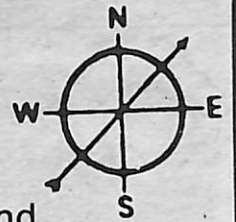
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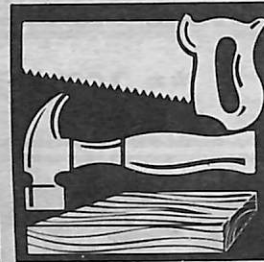
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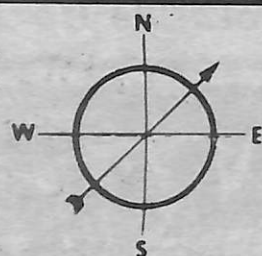
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EXCELLENT CARPENTRY: Small jobs to custom homes. Honest work at today's prices. Free estimates; senior citizen discounts. Stephen Gould, 786-6887.

SHADES ON WHEELS: Your complete custom window treatment specialist, all at discount prices. Free estimates and installation — satisfaction guaranteed. (413) 786-9411.

EXTERIOR-INTERIOR PAINTING: Old and new construction. Power washing. Mural painting. Affordable, reliable, complete prep. Good references. Free estimates. Fully insured. Call Seven Colors at (413) 568-2195.

CHARTIER'S GENERAL CARPENTRY: We take the worry out of building. Additions; new construction; renovations; custom decks. Lic. no. 051681; fully insured. Don Chartier, owner, (413) 789-7011.

DAYCARE: I am a professional family day-care provider licensed (186383) by the Massachusetts Office for Children. I'm located off River Road in Agawam. For more information, call Maggie at Pooh's Corner, 786-8806.

3 J REMOVAL: Attics, basements, garages, and more. Complete removal service. Free est. Lowest rates. 783-6103.

GARIBIAN ELECTRIC: All your electrical needs. Fully insured; free estimates; prompt service; 10% senior discount. (413) 781-4376 or (413) 569-2925.

PAINTING: Interior or exterior painting, staining, or clear coating of any area of your home or office, inside or out. Ceilings, walls, woodwork, cabinets. Also, trimwork, siding, windows, doors. Quality work at reasonable rates. Call Joe at 786-5912.

HANDY MAN: Need a handy man around the house? All types of home improvements & odd jobs. Bob Bartolucci, (413) 736-3730. Reg. No. 127813.

STELLATO BROS. LANDSCAPING: Fully insured, fully guaranteed. 10% off spring clean-up; 15% off lawn overseeding; 10% off fertilizer programs. Home, (413) 789-6382; beeper, (413) 286-8484.

SPECIALTY PLUMBING SUPPLY CO.: Specializing in hard-to-find items; never knowingly undersold on price, quality, and service. Free in-home consultation; free design service; handicap products; residential & new construction. 549 Hazard Ave. (Rte. 190), Enfield, (860) 749-5112.

CAMP HOOCHEE COO-CHEE: Toner Plastics Factory Store & Factory Tours. Craft supplies at super pricing & great craft kits! Store hours Mon.-Fri., 10 a.m. - 5 p.m. 699 Silver St., Agawam. Please call 789-1300 to schedule a tour during the week.

GEORGE FARINA LANDSCAPING: Spring cleaning. Lawn mowing, tree work, flower planting, etc. Tel. 786-5658.

ODYSSEY II HAIR STYLING: Community Shops Shopping Center, 1325 Springfield Street, Feeding Hills Center. (413) 789-4700. <http://ODYSSEY2.JURANET.NET>.

CHILD CARE: Experienced teacher and child care provider has openings for all ages. Large back yard. Nutritious meals and snacks. Preschool program included. License no. 184792. Call Sue at 789-2530.

THE STRAIN FAMILY EQUESTRIAN CENTER: Boarding, lessons, training, sales. Ponies for parties. Ask about our summer programs. 18 Vining Hill Road, Southwick, MA (located behind Big Y/Ames Plaza). (413) 569-5797.

BOB LONGO CONSTRUCTION: 27 years specializing in kitchens and additions. Free custom design. Fully insured, free estimates. In Agawam, 789-0758.

CIRILLO'S LANDSCAPING: Specializing in commercial and residential lawn care. Call today for spring clean-up. Free estimates. Call 786-7843.

LOOKING FOR AN ACCOUNTANT? Call Frank A. Schoenrock, Certified Public Accountant. 18R Hartford Avenue, Granby Center, (860) 653-0734.

L.F.E. MECHANICAL CONTRACTOR: Plumbing, heating, gas-piping. Larry F. Eldridge, Jr. Feeding Hills. MA License No. 24500. (413) 786-6890.

GIL HALL LAWN CARE: Now accepting mowing accounts, aeration and spring cleaning. Residential and commercial. Call (413) 789-1712.

HAMPTON COURT LIMOUSINE SERVICE: 24 hours. Late model, 8 passenger, VCR, TV, bar. 789-6656, 789-3407, or 575-4608.

EDDY'S LAWN CARE: We specialize in wkly. & biwkly. mowing; fertilizing programs; spring & fall clean-ups; re-seeding; dethatching; mulching; shrub installation & maintenance. Dependable, honest, experienced. Free estimates — no job too small. Call Mike at (413) 789-8986.

FOR RENT

FOR RENT: 1 or 2 bedroom apartment. Main St., Agawam. 737-4457. Leave message.

FOR SALE

FOR SALE: '84 Caprice Classic. 83,000 org. miles; runs good. \$550 or B.O. (413) 569-1987. Leave message.

2 SISTERS CLEANING: Homes, business, spring cleaning, etc. References on request. Call Millie or Dottie, 786-3444. (Very responsible and negotiable rates.)

WANTED

HELP WANTED: Need mature woman as live-in companion to elderly Suffield woman every other weekend. References required. Please call (781) 383-0387; leave message and I will return your call.

WANTED: Volunteer companion needed for male in Westfield. Tuesday evenings to do activities within community. Stipend provided. Call Cathy, Community Enterprises, 733-1240.

WANTED — CAMP DIRECTOR: Applicants must have previous day camp experience with a proficiency in youth programs. The camp director is responsible for the administration of a comprehensive full day camp program. This includes but is not limited to planning, coordinating, and supervising a wide variety of activities. Applicants must also have current first aid and CPR certifications. Applications are available at the Recreation Office, 760 Cooper Street, Agawam, MA 01001. For more information, call the Agawam Recreation Department at (413) 821-0514. The Town of Agawam is an affirmative action, equal opportunity employer and is strongly committed to diversity within its community.

BOOKKEEPER WANTED: Flexible hrs., full charge computerized accounting experience, Agawam mfg. MS office a plus. Please mail or fax your resume: Toner Plastics, Inc., 699 Silver Street, Agawam, MA 01001, Fax 413-789-1144.

PRODUCTION HELP WANTED: Local growing company seeking dependable individuals with strong work ethic to join our team. Openings currently available in various departments for factory work, Monday-Friday, 7:00 a.m. to 3:30 p.m. Good pay and benefits. Please apply in person at Bridgeport National Bindery, Inc., 662 Silver Street, Agawam, between 8:00 a.m. and 4:00 p.m. EOE.

HELP WANTED - LANDSCAPE LABORER: Top wages paid for experience. Will train right candidate. Valid driver's license and own transportation preferred, but not necessary. Become a member of a growing company. Curley's Lawn Service. 786-4622. Leave message.

HELP WANTED: Entry level recruiter. No experience required. Must possess strong customer service plus telephone skills. *Very flexible schedule.* Call Ted Robinson at 786-4005 or fax your resume to 786-1998.

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Agawam Housing Authority Executive Director

Agawam Housing Authority seeks an experienced housing professional for the Executive Director position.

Responsibilities & Duties:

- Oversee and implement policies and procedures directed by the Authority's Board of Commissioners.
- Management of 191 units of 667 elderly, 44 units of 200 Veterans. And 7 units of 705 family units; general admission of the Authority's fiscal responsibilities; supervision of personnel, maintenance of buildings; administration of all subsidy programs, compliance with all State regulations and laws, and other duties as assigned by the Board of Commissioners.

Applicants must have:

- At least 5 years experience in public housing (or related field), with progressive responsible management, administrative and supervisory duties of 3 or more employees. Bachelor's degree in public/business administration, social sciences or related field preferred. Experience in public or private housing management, public administration, including community affairs may be substituted. Public Housing Manager Certification (PHM) or ability to obtain within one year.
- Computer skills necessary, Corel Word Perfect a plus.

• Successful candidate must pass a physical, and is subject to CORI by the Criminal Records Agency.

• Salary in the mid \$30,000's subject to EOCD approval, benefit package.

Send cover letter, resume and references to:

• Executive Director Search Committee, Agawam Housing Authority, 66 Meadowbrook Manor, Agawam, MA 01001-3128.

Application deadline:

• 4 P.M. Wednesday, April 5, 2000.

• NO FAX'S WILL BE ACCEPTED.

Agawam Housing Authority is an Equal Opportunity Affirmative Action Employer.

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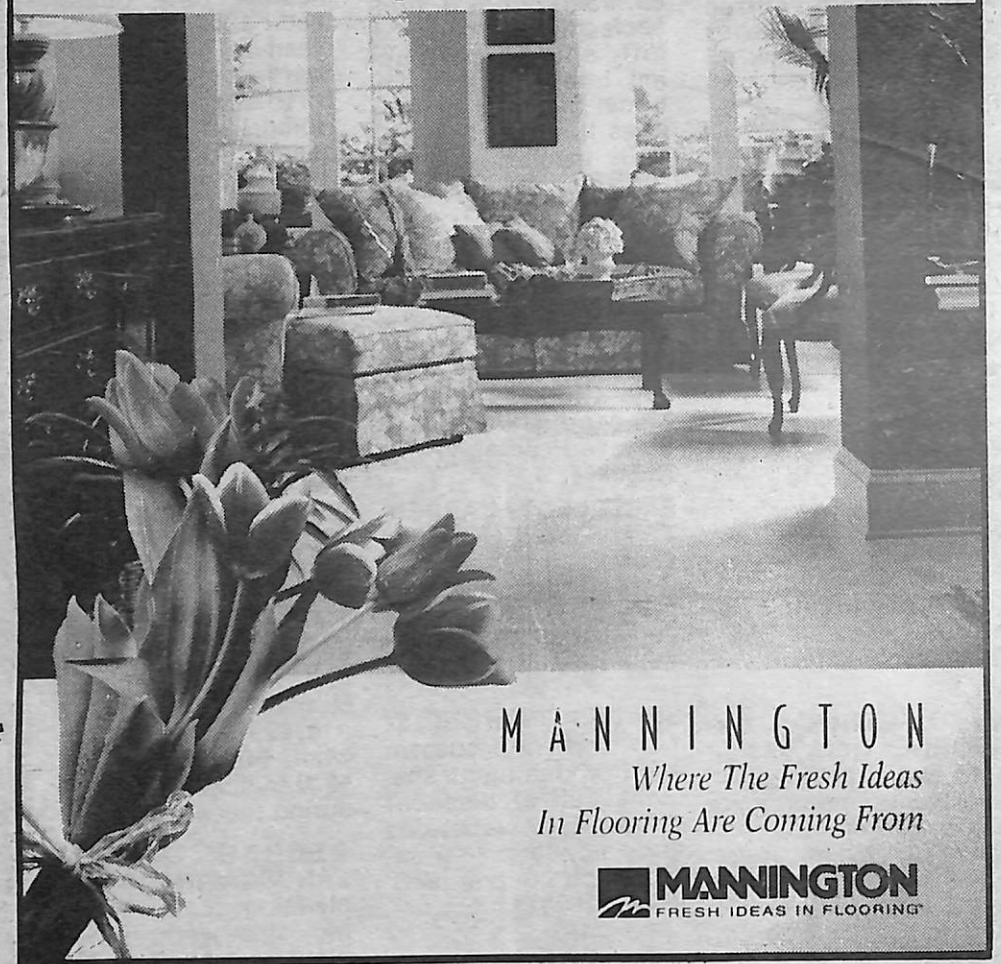
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